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MONDAY DECEMBER 9, 2019

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Measles outbreak in A. Samoa

By FILI SAGAPOLUTELE ASSOCIATED PRESS

AGO PAGO, American Samoa (AP)—The government of American Samoa declared that the U.S. territory has an outbreak of measles, a move that will lead to the closure of public schools starting Monday and a ban on gatherings in parks.

>> All classes closed

ment Friday of the measles outbreak, the government says the territory has nine cases of the disease. Five of those infected had been traveling outside the territory.

As for the other four people who tested positive for measles, "we're suspecting that is local transmission-

See MEASLES on Page 4

Paul to OPA: Audit use of IPI community chest

By ERWIN ENCINARES

Sen. Paul Manglona (Ind-Rota) has asked the Office of the Public Auditor to look

RELATED NEWS

| Mangloña insists on Torres' response to financial queries.

PAGE 8

into the use and expenditure of the Community Benefit Fund, which is one of the requirements under the license agreement the CNMI

See PAUL on Page 4

NOAA to map Marianas seas in April

By IVA MAURIN

iva_maurin@saipantribune.com REPORTER

In April next year, a team of 60 scientists and crew from

ON THE NET

https://nauticalcharts. noaa.gov

the National Oceanic and Atmospheric Administration will come to the Mariana Islands aboard the NOAA ship Rainier to map the seafloor



of the Marianas and do coral rine and Aviation Operations reef research

NOAA's Office of Coast Survey and Office of Ma-

will be working together to perform the ocean surveys to

See NOAA on Page 4



From left, program lead Garry Harsanyi, Science Operations Division director Noriko Shoji, and deputy director Dr. Evan Howellscientists from the Pacific Island Fisheries Science Center who are working for the National Marine Fisheries Service at NOAA- are on the island to pre-facilitate the Mariana Islands ocean mapping that is set to begin in April 2020. IVA MAURIN



INSIDE



LOCAL

Mayor Apatang calls on people to remain committed to the vision of the NMI Constitution.

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ASIA

North Korea said it carried out a "very important test" at its long-range rocket launch site.

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LIFE & STYLE

Arthur, 2, has become a star in his dad's Christmas ad for a hardware store in Wales.

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QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

2 MONDAY, DECEMBER 9, 2019 SAIPAN TRIBUNE

Local

Hopwood students win Education Day contests



Student winners of the Public School System's Education Day essay and logo contest pose for a picture last Friday at Hopwood Middle School.

By MARC A. VENUS

marc_venus@saipantribune.com

Two Hopwood Middle School students were selected as winners of the Public School System's Education Day logo and essay contests. Seventh grader Mira M. Reginio won the logo contest and 8th grader Destiny Pangelinan won the essay contest.

Reginio and Pangelinan both went up against en-

tries from all PSS schools in the CNMI.

Education Commissioner Dr. Alfred Ada, PSS Human Resource staff, CNMI Board of Education member Andrew Orsini and vice chair Herman



2019-2020 State Teacher of Year Victor Cabrera poses with Public School System staff, legislators, and Board of Education members for a picture last Friday at Hopwood Middle School.

Atalig (Ind-Saipan), Rep. Edwin Propst (Ind-Saipan), and Rep. Tina Sablan presented the awards to the two winning students. HMS principal Dr. Rizalina Liwag also spoke in praise of both Reginio and Panglinan.

The 2020 State Teacher of

the Year, Victor Cabrera, was also recognized with a plaque that memorializes his feat. Ada, who was the principal of William S. Reyes Elementary School when Cabrera first applied to become a second grade teacher at the school, said he knew that Cabrera has what it takes to become a teacher despite his lack of teaching experience.

Ada also said that that PSS and the board are working to find ways to get Hopwood back to its main campus in Chalan Laulau.

Orsini and Atalig both agreed with Ada's statement, with both commending the students' resilience for having classes in tents for one school vear already.

"We hope to get the Hopwood campus back in time, and we will keep fighting for that to happen," Orsini said.

Hopwood spent the remainder of the day, with all the other schools around the CNMI celebrating Education Day, which was supposed to be celebrated last Nov. 27, but was cancelled due to Tropical Storm Kammuri. School teachers and staff who were also nominated for recommendations as teacher and staff of







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Aldan-Pierce: MVA will keep working with DOF on arrears

From a practical standpoint, the Department of Finance may still owe the Marianas Visitors Authority over \$5 million in

hotel occupancy tax collection but there is not much the tourism body can do about



that other than to continue working with Finance to eventually get that money, according to MVA board chair Marian Aldan-Pierce.

In an interview last Wednesday, Aldan-Pierce said the MVA board did meet privately with Finance Secretary David Atalig because their concern was that MVA is beginning to dig its reserve funds to pay its bills.

She said that Atalig promised them that he is aware of

GCA student is awarded scholarship

Grace Christian Academy senior Arvin Dayao has been selected to receive a fouryear college scholarship from QuestBridge National College Match, enabling him to join the 1,127-strong scholar class of 2024.

Dayao learned about the good news only last Tuesday and was actually surprised to receive the notice. "I was not expecting a



scholarship and was already preparing for the regular decision match

instead. Nonetheless, I am super excited and grateful for the opportunity," he said.

Dayao will be attending Colby College in Waterville, Maine. "It is surreal to think that my first four years of college education has been fully covered for, and I'm sure that my parents would agree with that," he said.

Arvin's parents. Jun and Mirasol Dayao, were both thankful. "We are thankful...[for the] full four-year college scholarship for Arvin and we are grateful [to] all the friends and family that prayed for us," they said in a separate statement.

Questbridge is a platform that connects the nation's bright students with leading institutions of higher education. (Marc A. Venus)

will eventually be reimbursed.

Aldan-Pierce said that MVA managing director Priscilla M.

his payables and that MVA Iakopo had at the last board meeting that Atalig had promised to remit a total of \$2.45 million in hotel occupancy

tax collection this month and

"So that's very good news for us," she said.

As of last Wednesday, Iakopo said Finance still owes the tourism body \$5.2 million. Under the law, 80% of the

hotel occupancy tax collection goes to MVA, while 20% goes to the Settlement Fund. (Ferdie de la Torre)





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CHRISTMAS

From Page 1

the lawn of the Pedro P. Tenorio Multi-Purpose Center in Susupe to kick off the 2019 Christmas Village displays and usher in the selfie-season.

Each of the 23 booths on display at the Christmas Village has a theme, from "Santa's Candy Land" to "The North Pole," from "DCCAVille" to "Navigating our Waters," from "Flinstones" to "Upside Down Christmas."

"Enjoy this Christmas Village, and thank you to each and every one of you who put together all your efforts, your time, your love, to put together this display," said CNMI first lady Diann Torres, who started the Christmas Village through the Lady Diann Torres Foundation, and with Lt. Gov. Arnold I. Palacios' spouse, Wella S. Palacios.

The first lady also called for peace and the spreading of love across the CNMI, as the island

continues to recover from the impacts that Super Typhoon Yutu brought to the islands. She also led the dedication of a lantern for all departed members of the community.

"Put love in your hearts. Be at peace. Send a message of peace in your community, in your home. One island... For those of you who have lost family members, I know it was so hard this year. We are dedicating this lantern for each and every member of our community that we have lost

this year," Torres said.

"We continue to pray for good health, love, and happiness throughout our community. I hope this is a start. For everyone here tonight, your families, your friends, and again, spread it throughout your homes, your schools, in your community, from one island in the next," the first lady added.

Gov. Ralph DLG Torres and Lt. Gov. Arnold I. Palacios both thanked all the volunteers, local government

offices, and private partners who helped build this year's Christmas village, initiated by their wives, and encouraged tourists and locals alike, especially the children, to enjoy all the themed booths.

The tree lighting was led by Santa (Pat Arriola), Miss Marianas Shannon Sasamoto, with Miss Earth Leisha Deleon Guerrero

Saipan Mayor David M. Apatang even dressed up as a Lego character, and gamely posed for photos, at the Mayor's Office's "Minecraft Lego House" booth.

"This is a good thing for the community, and we did this for the children," Apatang said. "This Christmas village is one of the most popular thing for the children, and this is good for them. It brings out the Christmas spirit, and I think they will really love this."

Judging the Christmas village are Pacifica Insurance Underwriter Inc.'s Jacky Teregeyo, Sasamoto, and Saipan Chamber of Commerce executive director Maxine Laszlo. The winners will be announced on Dec. 16

Master Sgt. Eugenio Ramirez and Lt. Col. Tate Buntz from U.S. Marine Corps also helped kick off the holiday celebration at the Christmas Village through Toys for Tots, where the community was asked to donate toys for underprivileged children, to make sure that every child would have a present for Christmas.

NOAA

From Page 1

measure the depths of water.

The data collected will be used to update nautical charts to make sure that coastal regions of the United States are safe for navigation and to develop hydrographic models. Hydrographic surveys support a variety of activities such as port and harbor maintenance, coastal zone management, and reef and fisheries research.

Detailed information on how deep the water is and the many characteristics of the seafloor would also be useful in determining fisheries habitat, understanding coral reef health as well as marine geologic processes.

For the 2020 operations, there will be two missions: coastal and habitat mapping, and the Mariana Archipelago Reef Assessment and Monitoring Program, or MARAMP.

Three scientists from the Pacific Island Fisheries Science Center—deputy director Dr. Evan Howell, Science Operations Division director Noriko Shoji, and program lead Garry Harsanyi-all working for the National Marine Fisheries Service in NOAA, are on island to pre-facilitate the mapping operations that would begin in April 2020.

"Ocean mapping is what gives you the depth of the water from the surface down," Shoji said, "... and the additional piece is that, with the way we do mapping now, you can also identify what the bottom habitat might be, and what the bottom looks like."

Shoji explained that this research is used for boat navigation, used by the fishermen to identify where they might fish, and is used by coastal managers to identify areas where to protect corals.

The mapping operations in the Marianas was last done in the '70s and, with the change in technology and environment over the course of four

decades, the CNMI could benefit greatly from the remapping of its ocean.

"Our second mission, MARAMP, is long-term monitoring of coral reefs, reef fish species, and oceanography in the area," Howell said. "We go out with divers looking for coral reef fish, looking at the health of the coral reefs, the status of coral use, and then do oceanography, temperature, and look at [levels of] oxygen, nutrients, and carbon."

The scientists will measure water temperature, salinity, carbonate chemistry, and other physical characteristics of the coral reef environment using oceanographic monitoring instruments.

Researchers will assess the potential early effects of ocean acidification on coral reef growth with calcification accretion units and bio-erosion monitoring units.

There are a number of ways for the community to be involved as scientists work on the mapping operations.

"When the ship comes out, and we have scientists give presentations, they can come and ask questions, and try to engage the scientists," Shoji said. "[For] a number of our scientists, it will be the first time for them to be in the Marianas, so they will be interested in understanding what their work does and how it values the community."

The NOAA ship Rainier is a 231-foot survey and research ship that will be operating 24 hours a day, from the south of Guam to Maug, between April and August 2020, using research equipment, deploying divers or transiting along specific survey lines. The ship operations will include two 28-foot hydrographic survey launches as well as two 24foot dive platform vessels.

To learn more about NO-AA's hydrographic survey projects, visit https://nauticalcharts.noaa.gov or email coastsurvevcommunications@noaa.gov.



APIL MEETING

Members of the Association of Pacific Island Legislatures met Wednesday at the House of Representatives chamber on Capitol Hill on Saipan for their 60th meeting. The meeting ended last Friday. FRWIN FNCINARES

MEASLES

From Page 1

meaning that it's most likely, that some of these travelers did transmit the measles virus to them, causing them to be sick," Health Department Epidemiologist Dr. Aifili John Tufa said.

Tufa said in a television broadcast that samples from those infected were sent to Hawaii for testing and the results came back Thursday, resulting in the move to let the public know that "we are currently in the state of emergency" and a "measles outbreak."

In the neighboring independent nation of Samoa, more than 60 people have died, mostly children, from the measles and more than 4,000 were infected since the outbreak started in mid-October,. health officials said.

American Samoa will get

a measles vaccine shipment from the U.S. Centers for Disease Control and Protection on Monday, Tufa said.

Data presented by health officials early this week during a cabinet meeting shows a 99.7% vaccination rate for mumps, measles and rubella in the territory, officials said.

But Tufa said that more needs to be done to up the rate for the 1-5 year age group which is currently at 84.7% "The number one way to stop the spread of measles is to immunize," he said.

The developments in American Samoa came after dozens of Hawaii health care workers returned to their homes across the state after voluntarily providing measles vaccinations to thousands of residents of the independent nation of Samoa, officials said.

A team of 76 health care workers and support staff went to Samoa for a two-day medical mission to ensure residents in the independent nation of Samoa were immunized from the highly contagious virus, the Honolulu Star-Advertiser reports.

"You have scores of people dying, and the society is paralyzed," said Honolulu surgeon Paulus Tsai. "Basically life has come to a standstill for the island."

Samoa declared a state of emergency and complete shutdown of government and business operations while vaccination teams searched for residents susceptible to the disease, health officials said.

About 34,000 people were immunized over two days, officials said.

"Of all the efforts to save children around the world, immunization has the most dramatic impact. Everybody came together with their aloha to unite and support Samoa and attack this disease headon in a way that will make a permanent difference in the lives of the people," Straub Medical Center family physician Dale Glenn said.

The mission was coordinated by medical doctor and Lt. Gov. Josh Green who worked with Samoan leaders, the World Health Organization and the Centers for Disease Control and Prevention, officials said.

More than 500 people and groups responded ready to volunteer about 2600 miles (4,200 kilometers) southwest of Hawaii, officials said.

"I hope the younger generation will realize health care can also touch other people's live and can be a way for them to make things better for their society. It's protecting their future generations," Tsai said.

Since the outbreak started in mid-October, more than 60 people have died, mostly children, and more than 4,000 were infected, health officials said.

should extend to the expenditure of the CBF, which is tantamount to government earmarked funds," Manglona said in his letter, adding that, according to the CLA, IPI should have deposited a total of \$40 million in the CBF as of Oct. 1, 2019, including the

for transparency," glona noted.

PAUL

From Page 1

has with casino operator Imperial Pacific International (CNMI) LLC.

In a letter to Public Auditor Mike Pai, Manglona asked the OPA to look into how the Community Benefit Fund, or CBF, is being used and expended by the central government, saying he believes it should be regarded as an annual earmark for the CNMI.

The CBF is an annual contribution from IPI required un-

der Section 16 of the Casino marked funds of the CNMI," License Agreement, or CLA. Manglona stated in his let-IPI is supposed to chip in \$10 million into the CBF pot by Jan. 1, 2018, and another \$10 million by June 1, 2018. Subsequently, IPI would contribute \$20 million to the community chest every year on or before Oct. 1, 2019.

"...The said monies are part of the consideration or payment for the exclusive casino license. The funds were pledged in exchange for government property, i.e., the casino license. Therefore, the CBF is tantamount to earter to OPA. The funds, according to the

CLA, would go to community benefit programs for education, scholarships, infrastructure, health care, or employee retirement benefits, as may be determined in consultation with the CNMI governor.

"Pursuant to 1 CMC 2304(a), the Ooffice of the Public Auditor has a special duty to prevent and detect fraud, waste and abuse in the collection and expenditure of all public funds. This duty

2018 and 2019 contributions. "To date, there is no official report on disbursement or expenditure, if any, of the CBF monies. These funds must be accounted for and any distribution must be disclosed

Guam relief set to arrive

Tons of humanitarian and relief goods are set to arrive today, Dec. 9, 2019, at the Commonwealth Ports Authority through the continued partnership of the Office of Guam Republican minority leader Sen. Wil Castro and the office of Gov. Ralph DLG Torres.

This is the third time that Castro led a delivery of essential goods to the Commonwealth.

"Because of Super Typhoon Yutu, Sen. Castro and I understand that there is still a way to go for many of our residents to achieve a sense of normalcy. These containers of relief supplies from Guam will help our people continue the road to recovery. Together, as one Marianas, we will recover stronger than any typhoon," said Torres.

First lady Diann Torres is

Fugitive arrest warrant against man wanted in LV is withdrawn

At the request of the Office of the Attorney General, Superior Court Associate Judge Joseph N. Camacho withdrew Friday the fugitive arrest warrant issued against a Chinese national wanted in Las Vegas, Nevada since 2013 for theft and fraud related to casino gambling debt.

This means the criminal case against 56-year-old Da Gong Jiang is being withdrawn.

CNMI chief prosecutor John Bradley, however, said that Jiang may still be held in custody since he also has a pending hold by federal immigration authorities. Bradley said any decision about this is up to federal authorities.

In the CNMI's motion to withdraw filed Friday, Bradley disclosed that after communicating with the Clark County, Nevada, District Attorney's Office-Bad Check Unit, the Commonwealth learned that Jiang has posted the cash bail required in that jurisdiction.

Bradley said the Clark County District Attorney's Office has asked the Commonwealth to dismiss the fugitive arrest warrant.

In a fax message to Bradley dated Dec. 5, 2019, Frances Gomez of the Clark County District Attorney's Office reportedly informed Bradley that their office will not extradite Jiang back to Nevada.

"Please release our fugitive hold, per chief deputy DA Jeffrey S. Rogan, full cash bail has been posted in our jurisdiction." Gomez said.

Bruce Berline appeared as private counsel for Jiang.

According to court documents, Jiang arrived last Nov. 14 at the Francisco C. Ada/ Saipan International Airport with his wife for a vacation on Saipan and, while being processed, the U.S. Customs Border Protection discovered that he was wanted in Nevada and there was an outstanding warrant for his arrest. (Ferdie de la Torre)



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also immensely grateful. "We sincerely thank our brothers and sisters from Guam for their charity and humanitarianism. Many in our community will make good use of these items.'

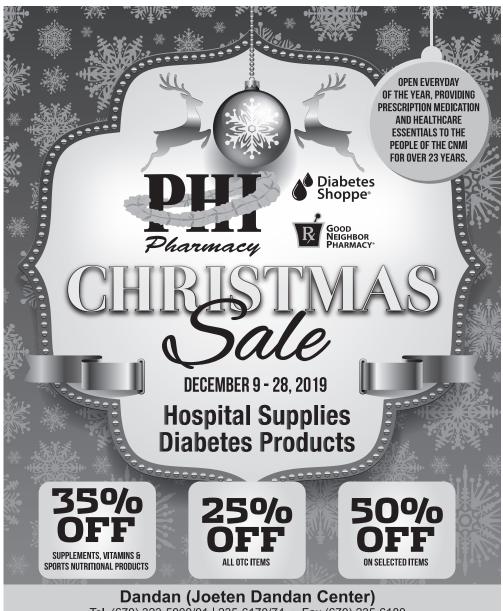
Today's shipment, coordinated through the One Marianas Relief Initiative, consists of almost 600 mini refrigerators and more than 40 sofa beds.

The first delivery was made on Tinian just weeks after Super Typhoon Yutu ripped through the Commonwealth. Private fishing boats from Guam carried the donated items, which consisted of portable gas stoves, hammers, nails, blankets, sanitary and hygienic supplies, and canned goods.

The second delivery was via a shipping container of computer screens and pillows and blankets for the Commonwealth Health Center.

"Thanks to our corporate partners, we were able to secure and deliver hundreds of items this third time around," said Castro. "We will continue to intensify the relationship that we have built over the years with the CNMI through efforts like this and with the Marianas Working Group."

Special thanks are extended to P.H.R. Ken Corporation in Guam and Saipan and American President Lines for today's shipment.(PR)



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6 MONDAY, DECEMBER 9, 2019

2019 Christmas Village

Photos by IVA MAURIN



Gov. Ralph DLG Torres, fourth from left, and Lt. Gov. Arnold I. Palacios, third from right, pose with other dignitaries and representatives of the U.S. Marine Corps during the lighting of the 2019 Christmas Village last Saturday at the Pedro P. Tenorio Multi-Purpose Center in Susupe.



Children pose for pictures at the Indigenous Affairs Office installations at the 2019 Christmas Village last Saturday at the Pedro P. Tenorio Multi-Purpose Center in Susupe.



The Department of Community and Cultural Affairs installation at the 2019 Christmas Village at the Pedro P. Tenorio Multi-Purpose Center in Susupe is called DCCAville and takes its inspiration from the fictional village of Whoville in Dr. Seuss' story about the Grinch.



Dozens of children had fun at the lighting ceremony for the 2019 Christmas Village last Saturday at the Pedro P. Tenorio Multi-Purpose Center in Susupe.



Reindeers are lit up in this installation at the 2019 Christmas Village at the Pedro P. Tenorio Multi-Purpose Center in Susupe.





Miss Marianas 2019 Shannon Sasamoto, left, and Miss Earth Northern Marianas 2019 Leisha Deleon Guerrero were some of the dignitaries that attended the lighting ceremony for the 2019 Christmas Village last Saturday at the Pedro P. Tenorio Multi-Purpose Center in Susupe.





Office ing ceremony for the 2019 Christmas Village last Saturday at the Pedro P. Tenorio Multi-Purpose Center in Susupe.



Children pose with Santa Claus at the CTSI booth during the light-

Families and their children check out the many displays at the 2019 Christmas Village last Saturday at the Pedro P. Tenorio Multi-Purpose Center in Susupe.

68th annual Operation Christmas Drop today

By MASTER SGT. RICHARD **EBENSBERGER**

36TH WING PUBLIC AFFAIRS

The 68th iteration of Operation Christmas Drop is set to take to the Pacific skies today, Dec. 9, hosted by the 36th Wing.

The Department of Defense's longest recurring humanitarian mission is a longstanding annual tradition of packaging and delivering food, tools and toys to more than 57 remote islands in the South-Eastern Pacific, including the CNMI, the Federated States of Micronesia, and the Republic of Palau.

During the weeklong international charity effort, Pacific Air Forces airpower ambassadors from Andersen AFB, Guam, Joint Base Pearl Harbor-Hickam, Hawaii and Yokota Air Base, Japan, will work with their partners of the Japanese, Australian and, for the first time, New Zealand air forces and includes observers from Bangladesh, Malaysia, Mongolia, the Philippines, Singapore and Thailand, to execute low-cost, low-altitude training air drops. The aerial delivery will serve as

valuable interoperability training for the partner nations while delivering various donations provided by private donors, charitable organizations and the University of Guam.

The tradition began during the Christmas season in 1952 when a B-29 Superfortress aircrew saw islanders waving at them from Kapingamarangi atoll, 3,500 miles southwest of Hawaii. In the spirit of Christmas the aircrew dropped a bundle of supplies attached to a parachute to the islanders below, giving the operation its name. Today, air drop operations include more than 50 islands throughout the Pacific. Operation Christmas Drop includes airmen and assets from the 374th Airlift Wing, Yokota Air Base, Japan; the 36th Wing, Andersen Air Force Base, Guam; 734th Air Mobility Squadron, Andersen AFB, the 515th Air Mobility Operations Wing, Joint Base Pearl Harbor-Hickam, Hawaii; the University of Guam; and the 'Operation Christmas Drop' private organization which leads the fundraising and donations for the operation. Ander-



sen is used as a "base camp" to airlift the donated goods to islanders throughout Micronesia.

Utilizing the Denton Program, which allows private U.S. citizens and organizations to use space available on U.S. military cargo planes to transport humanitarian goods to countries in need, the C-130J Super Hercules crews airdrop food, supplies, educational materials, and toys to islanders throughout the Commonwealth of the Northern Marianas, Federated States of Micronesia, and Republic of Palau. These islands are some

of the most remote locations on the globe spanning a distance nearly as broad as the continental U.S.

Months leading up the drop dates, volunteers create donation drop-off boxes and raise money from local businesses and citizens. A week before the drop, volunteer Airmen, Soldiers, Sailors, Marines, civilians, contractors and families assist in picking up and sorting the donations. After the goods are sorted, riggers from Yokota and Andersen volunteers build dozens of boxes to hold the materials, most containing

school supplies, clothing, rice, fishing equipment and toys.

Each year, the Christmas drops serve as a proving ground for the techniques used and shared with regional partners in preparation for response to natural disasters all too common across this region.

Air crews are linked to the village via ham radio as they fly overhead and drop supplies. The event provides readiness training to participating aircrew, allowing them to gain experience in conducting airdrops while providing critical supplies to 56 Micronesian islands im-

pacting about 20,000 people.

Low-Cost Low-Altitude airdrop is cost-efficient and easy to apply across the global airlift community, utilizing readily available resources and repurposed personnel parachutes to build supply pallets at a fraction of the cost of other airdrop bundles. These pallets are dropped at low-altitude to improve drop accuracy.

Demonstrating and executing LCLA drops alongside regional allies is just one example of the USAF actively pursuing and participating in interoperability partner training to increase Humanitarian Assistance/Disaster Relief operational capabilities while ensuring stability in the Indo-Pacific region.

Nearly seven decades and more than 1 million pounds of charitable goods later, the 2019 missions are set to carry on this tradition of international goodwill.

ON THE NET

http://www.andersen.af.mil/ocd/ https://www.dvidshub.net/feature/ChristmasDrop2018

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Symptoms of Dengue Fever

Sudden, high fever

Severe headaches and pain behind the eyes

Severe joint and muscle pain

Skin rash that appears 2-5 days after the start of the fever

If you are experiencing any of these symptoms, especially if you have just returned from a trip off-island, see your doctor right away.

Protect Against Mosquitoes = Protect Against Dengue

Mosquitoes breed in still water. Get rid of mosquito populations around your home by dumping out buckets, tires, toys, and anything that holds water.

Use Insect repellent

Cover up! Wear long sleeves when outside and cover strollers and cribs with mosquito netting. Close doors and windows during sunrise and sunset, when mosquitoes are most active. Put screens on doors and windows and make sure they do not have holes.

For more information on dengue, contact the CHCC Preparedness Program at 234-8950. For more information on how to control mosquitoes, contact the Bureau of Environmental Health at 664-4780.





THIS PROJECT WAS SUPPORTED BY GRANT NO. NU90TP922040 / CFDA NO. 93.069-PUBLIC HEALTH EMERGENCY PREPAREDNESS FROM THE CDC TO THE COMMONWEALTH HEALTHCARE CORPORATION.

Mangloña insists on Torres' response to financial queries

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A Rota senator continues to follow up with Gov. Ralph DLG Torres for a response on his request earlier this year assistance for "reliable factual information" on the financials of the CNMI government.

In a letter dated Dec. 4, 2019, Sen. Paul Manglona (Ind-Rota) followed up on the inquiries he sent Torres in a letter dated on June 12, 2019, way before the passage of the fiscal year 2020 budget.

In that previous letter, Manglona asked Torres for specific information on financial matters, including casino gross receipt taxes, exclusive

casino license fee, Development Plan Advisory Committee reports, status of the Marianas Public Land Trust loan, Federal Emergency Management Agency assistance, Manglona and the \$20-million annual Casino Community Benefit Fund.

"As we all know, the budget bill is very much dependent on realistic current revenue estimates, true cost of government operations, deficit reduction schedule, strict financial controls, and honest assessments of program impacts," he wrote Torres in his most recent



budget bill had already been enacted. Manglona raised questions regarding the casino

letter, adding that a

response is "neces-

sary and pertinent"

even though the

business gross re-

ceipt tax, or the casino BGRT, noting that the casino paid about \$41 million in fiscal year 2016, \$68 million in fiscal year 2017, and \$44 million in fiscal year 2018. In 2019, the casino only paid \$41,000 since

Manglona also asked about the \$15 million exclusive casino annual license fee and

July 2019.

whether it should or should not be mixed into the general funds to alleviate "cash management problems" of the government.

He also asked Torres about the status of FEMA assistance, in terms of how much public assistance funds the government was expected to receive and whether or not they were flexible enough to offset revenue dips.

"Realistic figures on the true cost of operations must be factored into the budget bill. There is no doubt that our practice of omitting or knowingly under-budgeting known, unavoidable costs from the budget, including government utilities, medical referral services, Medicaid matching requirements, Commonwealth Health Care Corp. indigent care costs, and the Public School System's 25% earmarking constitutional requirement has been a few of the main reasons for our government's overspending," he wrote.

Tax-filing workshop on Dec. 19

The Division of Revenue and Taxation of the Department of Finance will be conducting a workshop for the Annual Wage and Salary Statement Form-or W-2CM—for tax year 2019 and other 2019 yearend filing requirements. The workshop will be on Thursday, Dec. 19, 2019. The first seminar will be from 8am to 11am and will continue

from 1pm to 4pm at the Pedro P. Tenorio Multi-Purpose Center.

Businesses, employers, and all payroll service companies are encouraged to attend. Confirm your attendance by calling the Administration Office of the Division of Revenue and Taxation at telephone numbers 664-1000 and 664-1098 or fax at 664-1015. (PR)

Insular areas explore World heritage prospects, HP grants training

HAGÅTÑA, Guam—Over 75 insular area government officials, historic preservation officers, natural and cultural preservation experts, and nongovernment representatives met in Guam to take part in a World Heritage Opportunities Workshop and Insular Areas State Historic Preservation Officers training from December 3 to 6.

The training, hosted by the U.S. Department of the Interior's Office of Insular Affairs, the National Park Service, and the Guam Preservation Trust was intended for participants to share and discuss opportunities under the World Heritage Convention, the National Historic Landmarks program, and other ways to preserve and protect historic, cultural, and natural resources in the U.S. Insular Areas.

Participants represented the U.S. territories of American Samoa, Guam, the CNMI, and the U.S. Virgin Islands as well as the Republic of the Marshall Islands, the Republic of Palau, and the Federated States of Micronesia, including representatives from Pohnpei, Chuuk, Kosrae, and Yap.

"We were excited to con-

vene World Heritage experts and cultural, historic, and natural preservation specialists on Guam for an information-sharing workshop and to strengthen grants management under the Historic Preservation Fund," said Douglas W. Domenech, Assistant Secretary Insular and International Affairs. "An added benefit to the protection of such resources is the potential for increased tourism and job opportunities. We are happy to support economic development in the insular areas, including heritage tourism.'

Guam Gov. Lourdes "Lou" Aflague Leon Guerrero, Domenech, and U.S. Department of the Navy deputy assistant secretary for Environment Karnig Ohannessian welcomed the delegates to the workshop.

Dr. Robert A. Underwood, former president of the University of Guam and former delegate to Congress, gave keynote remarks suggesting participants consider weaving historical features of the Micronesia region, in a way not previously conceptualized, through stone heritage sites such as the Latte Stones of Guam and the Marianas, Pohnpei's Nan Madol, Kosrae's Mahkontowe, and other features such as fish weirs in Yap and the Marshall Islands or the star mounds in American Samoa

"We must define our Pacific heritage in our own way and in ways that demonstrate our strengths rather than just our vulnerabilities," said Underwood. "It is the only viable approach to ensuring its authenticity, legitimacy, and increase understanding about who we are as a people."

The World Heritage Opportunities Workshop was conducted over two days with participants sharing perspectives on the overarching importance of World Heritage before discussing preliminary steps needed to be taken to become listed as a World Heritage site. In addition, the participants reviewed lessons learned, as well as management opportunities and challenges at the following World Heritage sites in the U.S.-affiliated Pacific Islands: the Rock Islands Southern Lagoon, the Bikini Atoll Nuclear Test Site, the Nan Madol Ceremonial

Centre in Eastern Micronesia, and Papahānaumokuākea Marine National Monument. The group also discussed opportunities under the National Historic Landmark Program and how to support the insular areas in connecting with the larger World Heritage network.

Stephen Morris, chief of the

National Parw Service Office of International Affairs, led the DOI team in conducting the World Heritage Opportunities Workshop. World Heritage experts David Sheppard, former head of the International Union for Conservation of Nature Programme on Protected Areas, and Anita Smith, lecturer at Australia's LaTrobe University, helped lead workshop discussions. Additional federal partners who either attended, planned, or participated in panels for the workshop included Athline Clark, NOAA superintendent, Papahānaumokuākea Marine National Monument; Barbara Alberti, NPS superintendent, War in the Pacific National Historical Park and American Memorial Park; Marybelle Quinata, acting refuge manager, Guam National Wildlife

Refuge at Ritidian Point, U.S. Fish and Wildlife Service; David Helweg, senior liaison for Insular Relations, National Climate Adaptation Science Center, U.S. Geological Survey; Susan Ross, regional public affairs officer for the Freely Associated States, U.S. Embassy Kolonia; and Rear Adm. John Menoni, commander, Joint Region Marianas.

Megan Brown of the National Park Service's Office of State, Tribal, Local, Plans, and Grants led a team with Elaine Jackson-Retondo of the National Park Service's Preservation Program for the final two days of grant management training under the Historic Preservation Fund.

Throughout the week workshop participants were able to visit exhibits in the Guam Museum and other sites on Guam including: the Guam Legislature Building, the only Gold LEED-certified government building in the region; the Chocolate House in the Plaza de España; Hagåtña Latte Stone Park; War in the Pacific National Historical Park; and the Guam Wildlife Refuge at Ritidian Point. At Ritidian, Refuge employee Brian Leon Guerrero gave workshop participants a walking tour that included watching baby sharks swim in the "shark nursery," visiting ancient Chamorro latte stone and viewing ancient sites, limestone cave pictographs believed to be from around 1500 B.C.

Upon conclusion of the workshop, a DOI team will visit the Nan Madol World Heritage site on Pohnpei with U.S. Ambassador to the Federated States of Micronesia Robert Riley, III. Doug Comer of the Cultural Site Research and Management Foundation, a recipient of the Ambassador's Fund for Cultural Preservation, will also accompany the group to Nan

Madol. The Ambassador's Fund is supporting the development of management plans for Nan Madol in cooperation with the Federated States of Micronesia's Office of National Archives, Culture, and Historic Preservation. LiDAR technologies used in conjunction with this project have also revealed a vast archaeological landscape at Nan Madol. Inscribed onto the World Heritage List in 2016, Nan Madol is a series of more than 100 islets off the south-east coast of Pohnpei, with megalithic basalt stone structures that harbor the remains of palaces, temples, tombs, and residential domains of the Saudelor Dynasty built between 1200 and 1500 A.D.

More on the Nan Madol Li-DAR study can be found at: https://www.mdpi.com/2072-4292/11/18/2152?fbclid=Iw AR12TUEB GAtLkhFYNsjp45O8CKPoerazjUU-Lu3P-CFl5Pj8n8muLAZA Hs.

More information on the Nan Madol project can be found at: https://www.facebook.com/pg/ AFCPNanMadol/posts/.

The World Heritage Opportunities Workshop and Insular Areas State Historic Preservation Officers training were funded by the DOI. The Guam Preservation Trust provided on-the-ground logistical support and funding with additional support from the Guam Department of Parks and Recreation and Guam Historic Resources Division. All official workshop and training events were held at the Senator Antonio M. Palomo Guam Museum & Educational Facility on Guam.

The agenda, remarks, documents, recommended resources, and a resolution produced by the workshop participants will be made available on the Office of Insular Affairs website at https://www.doi.gov/ oia/world-heritage. For more information on the Office of Insular Affairs, follow @ASI-IADomenech on Twitter. (PR)



CONTRIBUTED PHOTO

Group photo shows the participants of the World Heritage Opportunities Workshop and Insular Areas State Historic Preservation Officers training on Dec. 3 to 6 in Guam.

'Keep spirit of fidelity to the Constitution strong'

By IVA MAURIN

Saipan Mayor David M. Apatang calls on everyone this Constitution Day to remember those who framed the CNMI Constitution, and to remain vigilant and committed to the vision it represents.

"For a one and one fifth of a generation today, the people of the Commonwealth of the Northern Mariana Islands have lived a vision that they developed from the ground up and made a firm commitment to be faithful to," Apatang said. "This Constitution Day is testament that the promise of fidelity to improve our lives consistent with the rules contained in our Constitution is as strong today as the day after we voted to approve it. Every step in fulfilling our vision opened many other opportunities for our people, because we dared to commit to improving our lives."

The mayor also stressed that how the community responds to progress is significant, and that it should, however, all be within the parameters set by the constitution.

"External influences that steered economic, social, and cultural progress in one direc-

Statement of Torres and Palacios

Today is a day to reflect the progress we have made as a

Commonwealth and to honor our islands' Catholic tradition of celebrating the Feast of the Immaculate Conception.

We commemorate the beginning of a journey four decades ago in a school auditorium where a group of 39 leaders joined under together the idea of selfdetermination. With words of our preamble, the people of the

see today.



tion or another did not leave us untouched. How we responded to those influences were important," Apatang said. "Our constitution was meant to assure that our behaviors in responding to the many influences were confined within the parameters it set."

"While our progress since day one 41 years ago have

The Commonwealth Constitution is the foundation of

> our government, and this "embodiment of our traditions and hopes" will continue to shape our work as we continue our islands' recovery, achieve our healthcare goals, expand educational opportunities for our students, and ensure economic prosperity for every single person who calls the Marianas home.

From our families to yours, may all of you have a

safe and restful Constitution Day weekend. Spend time with the people you know and love. (PR)

been a tremendous accomplishment. We must continue to remain vigilant that our commitment to our vision remains as vivid and strong as the day we went to the polls."

Apatang also reminded the community of the amendments that the CNMI Constitution went through, and that more should be expected as the Commonwealth continues to grow.

"No plan is perfect and the desire to make changes for improvement must always be welcomed. Our Constitution has been amended eight times since it was ratified in 1978," Apatang said.

"We must expect other amendments as we grow as a Commonwealth in political union with the United States of America. As we live another generation, our vision in our Constitution will define the path our future generations must take."

The mayor calls on the community to remember the forefathers who sat as delegates and worked on drafting what would become the Constitution.

"The vision they emplaced



Saipan Mayor David M. Apatang poses Friday with the Lego mask he wore in front of the Lego-inspired installation of the Saipan Mayor's Office at the 2019 Christmas Village at the Pedro P. Tenorio Multi-Purpose Center in Susupe.

in the draft was our collective vision and hopes and dreams. Enjoy this Constitution Day

and keep the spirit of fidelity to it as strong and vibrant as possible," the mayor added.



Commonwealth of the Northern Mariana Islands NORTHERN MARIANAS HOUSING CORPORATION

P.O. BOX 500514, Saipan, MP 96950-0514 Email: nmhc@nmhc.gov.mp • Website: http://www.nmhcgov.net

NOTICE OF FUNDING AVAILABILITY OF COMMUNITY PLANNING AND DEVELOPMENT FUNDS **FOR PROGRAM YEAR 2020**

THIS ADVERTISEMENT IS PAID FOR BY NMHC WITH CPD FUNDS.

The Government of the Commonwealth of the Northern Mariana Islands, through the Northern Marianas Housing Corporation (NMHC) is announcing the availability of an estimated \$1,323,285.00 in Community Planning and Development (CPD) funds available from the U.S. Department of Housing and Urban Development. NMHC anticipates receiving an estimated amount of \$867,556.00 in Community Development Block Grants (CDBG); \$386,617.00 in Home Investment Partnerships (HOME); and, \$69,112.00 in Emergency Solutions Grant (ESG) funds for Program Year (PY) 2020.

The CDBG funds, authorized under Title I of the Housing and Community Development Act of 1974, may be used for a wide range of community development activities to revitalize neighborhoods, provide affordable housing, expand economic opportunities, and improve community facilities and services. However, use of these funds must meet at least one of the national objectives which include: 1) to benefit low and moderate-income families; 2) to eliminate slum or blight conditions; or 3) to meet other urgent community development needs.

The CDBG program requires a grant recipient to certify that it will minimize displacement of persons as a result of activities assisted with CDBG funds. The CNMI government does not plan on undertaking any activity which will cause displacement of person. In the event of any unforeseen displacement resulting from any CDBG funded activity, the CNMI government will comply with the requirements of the Uniform Relocation Assistance and Real Property Acquisition Policies Act of 1970, its implementing regulation and applicable local law.

HOME funds may be used to create affordable housing through financing assistance, site acquisition or improvement, and rehabilitating existing residential dwellings as well as providing funds for new construction or purchase of a single family residential dwelling. Use of HOME funds must benefit low-income families.

ESG funds may be used to rehabilitate or convert to buildings into homeless shelters and for shelter operating expenses, supportive services and homeless prevention and rapid re-housing activities. Use of ESG funds must benefit the

Applications for the use of CPD funds are available for pick up at the Northern Marianas Housing Corporation (NMHC) located in Garapan, Saipan; San Jose Village, Tinian; and, Songsong Village, Rota, beginning November 14, 2019 . You may also obtain the application online at www.nmhcgov.net in the section titled "Public Notice/Announcement" subsection "Community Planning Development"

Applications must be submitted to the NMHC Offices in Garapan, Saipan (Saipan Residents); San Jose, Tinian (Tinian Residents); and, Songsong Village, Rota (Rota Residents) by March 31, 2020, no later than 4:30 p.m. Applications submitted after March 31, 2020, will not be accepted.

A briefing will be conducted for interested applicants and for those applicants who have picked up an application for the use of CPD funds. The briefing will address the program requirements and regulations concerning the usage of CPD funds.

The schedules for briefing are as follows:

February 12, 2020, 6:00 p.m. for the island of Tinian February 13, 2020, 6:00 p.m. for the island of Saipan February 14, 2020, 6:00 p.m. for the island of Rota

We are encouraging all non-profit, for profit, and government service providers who are providing services to people with disabilities, homeless individuals, and emergency shelter administrators and operators to attend this

For residents living on the island of Saipan, the briefing will held at the NMHC Office in Garapan; Residents living on the island of Tinian, the briefing will be held at the NMHC Office in San Jose Village; and Residents living on the island of Rota, the briefing will be held at the Rota Mayor's Office Conference Room in Tatachog.

Accommodations for disabled individuals or other non-English speaking individuals who wish to attend the briefing are available upon request by giving at least 24 hours notice prior to the meeting so that such needs can be arranged and provided Additional inquiries, concerning the CPD program, may be directed to Ms. Zenie P. Mafnas, Deputy Corporate Director or Ms. Tricia Tenorio, Planner at 234-6866 or 234-9447.

Jesse S. Palacios Corporate Director

PUBLIC NOTICE

The U.S. Department of Commerce, Economic Development Administration (EDA) is considering a request for Federal assistance from Northern Marianas College (NMC) to construct a Workforce Development & Training Center in Saipan, Commonwealth of the Northern Mariana Islands (CNMI). Pursuant to the National Environmental Policy Act (NEPA) and the National Historic Preservation Act (NHPA), EDA is conducting an assessment of the potential of the proposed project to affect the environment and/or historic properties.

The project involves the construction of the three-story Workforce Development & Training Center. The proposed facility will house NMC's Center for Training and Innovation which provides non- degree training programs and facilitates collaborative partner programs with other agencies and universities. NMC's Nursing Program and Business Program will also be housed in the building. The proposed project aims to replace offices, classrooms, and laboratories permanently damaged as a result of the devastation of Super Typhoon Yutu in October 2018.

The project area will be located on the main NMC campus on the island of Saipan. The NMC property is comprised of 742,259 square feet and a perimeter of 3,615 feet. The proposed project site is located on the north-east corner of the property and will cover roughly 8,500 square feet. The proposed project site will be located entirely within the existing campus boundary. Project information is available for review at NMC's Community Development Institute (CDI) located in Building P.

If you have any information regarding potential impacts to environmental resources or historic properties associated with this proposed project, please provide it in writing to:

> U.S. Department of Commerce **Economic Development Administration** Attn: Regional Environmental Officer 915 Second Avenue, Room 1890 Seattle, Washington 98174-1012 E-mail: RDefato@eda.gov

Comments received in the EDA Seattle Regional Office by 5:00 p.m. (Pacific Time) on December 26, 2019 will be considered. A copy of the NEPA/NHPA decisional document will be available upon request at the above EDA Regional Office.

10 MONDAY, DECEMBER 9, 2019 SAIPAN TRIBUNE

Opinion



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EDITORIAL

So many questions

e witnessed a deadly tragedy unfold Thursday afternoon when live television cameras captured a dramatic shootout in Miramar, Fla.—at the height of rush hour—among a swarm of police officers and a pair of armed robbers who had earlier commandeered a United Parcel Service truck and taken its driver hostage after a brazen attempted heist of a Coral Gables, Fla., jewelry store.

We have since learned that the armed robbers were killed during the exchange of gunfire at the intersection of Miramar Parkway and Flamingo Road, where dozens of motorists were stopped at a traffic light and suddenly thrust into a violent crime scene.

Sadly, we learned that the 27-year-old UPS driver, Frank Ordonez, and an unidentified motorist who just happened to be stuck in traffic during the shootout were also killed. Ordonez was the father of two young daughters.

In the aftermath of this horrific crime, which drew the attention of the nation's major TV news networks, we have many questions that the FBI and other law enforcement authorities need to answer. The FBI is leading the investigation that includes officers from police departments in Coral Gables, Pembroke Pines, Fla., and Miramar.

Why were police officers ordered to fire their weapons at the gunmen inside the UPS truck with the UPS driver being held as a hostage? Did the gunmen fire first?

What policies are police supposed to follow in using deadly force involving potentially innocent bystanders? Or during a hostage situation?

Why endanger so many innocent motorists? Should police have set up a blockade by clearing the traffic-clogged intersection of all other cars and trucks?

Did police follow proper pursuit policies in chasing down the gunmen aboard the UPS truck?

Who killed the UPS driver and the innocent motorists? Were the bullets fired from the gunmen's weapons or from police officers?

We are not rushing to judgment here. We are simply asking questions.

The armed robbers are obviously to blame for their actions in their decision to carry out the jewelry store heist, for cowardly taking hostage the UPS driver and for trying to foolishly escape authorities. The Sun Sentinel reported Friday that the two alleged gunmen—Lamar Alexander, 41, and Ronnie Hill, 41—had extensive criminal records and had both been released from state prison in 2017.

But police must be held accountable for their actions and decisions. After all, they are there to protect and serve the public.

Joe Merino, the stepfather of the UPS driver, told WPLG-10 on Friday that he believed his stepson's death could have been prevented if police had used other tactics to apprehend the summen

"Where was protocol? Where was SWAT? Where was the hostage negotiator? Where was the sniper?" he said. "They shot him dead!

"They murdered him," he said. "I hope you can understand that and how I feel because it could have been prevented."

These are legitimate questions, along with many others. FBI Special Agent George Piro has acknowledged to re-

See QUESTIONS on Next Page



Still not done being a scumbag

eorge Zimmerman is still not done being a scumbag.

Even for an acquitted killer with a trail of sick behavior, painting himself as a victim worthy of collecting damages is a new low.

Is there anything more outrageous than the man who killed an unarmed teenager walking home filing a lawsuit against the boy's forever grieving family?

But that's what the former self-appointed neighborhood watchman who killed 17-year-old Trayvon Martin in 2012—and got away with it because justice is harder to come by for black people in this country—is up to these days.

He's trying to profit from his dirty deed.

According to a lawsuit sent to the media Wednesday, Zimmerman has named as lead defendant Trayvon's mother, Sybrina Fulton, a woman who instead of allowing herself to be paralyzed by the loss of her youngest son courageously became a powerful advocate of racial justice.

Six years after his controversial acquittal, Zimmerman also is suing prosecutors, the family's lawyer, Ben Crump, his book publisher, and others involved in the case, claiming he was prosecuted on false evidence.

The lawsuit, filed by ethically challenged Larry Klayman, a high-profile legal crusader tied to conservative causes, alleges all defendants "have worked in concert to deprive Zimmerman of his constitutional and other legal rights."

It's another pathological twist in a string of many since a Sanford jury failed to find Zimmerman guilty of second-degree murder.

Juxtapose, in the aftermath, the dignified way with which Trayvon's parents have dealt with the worst thing that can happen to a parent with Zimmerman's run-ins with the law, with people in his life—and his alliance with racist right-wingers.

It's stomach-churning, more evidence that Trayvon Martin never had a chance to outlive this angry gun-toting bully.

Here's a guy who sees himself as some kind of star one day and wants to be in a Celebrity Boxing tournament—and, when living off a death doesn't quite work out for him, comes up with a frivolous lawsuit hoping someone will pay up.

The case should be thrown out at first base.

Zimmerman is his own worst character witness.

Accused of racially profiling Trayvon, who was minding his own business and doing nothing wrong by walking to the neighborhood convenience store for snacks, Zimmerman rode the wave of support from the nation's right wing when the racially charged Trump candidacy was the furthest thing from anyone's imagination.

He attacked President Barack Obama for saying, in a gesture to connect and humanize, that if he had a son, he would look like Trayvon Martin.

He took to painting Confederate flags and the prosecutor on

By FABIOLA SANTIAGO

Miami Herald

Award-winning columnist Fabiola Santiago has been writing about all things Miami since 1980, when the Mariel boatlift became her first front-page story.



the murder case and selling them on the internet, where at least one nut job paid \$100,000 for his first ugly flag painting.

Estranged from his wife, who eventually divorced him, he demonstrated quite an ability for scaring the crap out of girl-friends who told police he had been violent with them.

In 2013, only four months after his murder trial, Zimmerman was already back in criminal court facing domestic violence charges, including felony aggravated assault, as a result of a fight with his girlfriend.

The prosecutor, however, couldn't go through with the case because the girlfriend wanted charges dropped and restraining order lifted.

Then again, in 2015, Zimmerman was arrested on suspicion of domestic violence for throwing a wine bottle at another girl-friend. Again, prosecutors opted not to prosecute after the victim backed off.

Meanwhile, Fulton and Trayvon's father, Tracy Martin, found themselves at the forefront of a national movement fueled by the killing of unarmed black men, largely by police—Black Lives Matter—and they rose to the task of speaking up with grace.

They also created the Miami Gardens, Fla.-based Trayvon Martin Foundation and they work with youth on issues such as gun violence, bullying, youth empowerment, and conflict resolution. And Fulton, who worked on Hillary Clinton's campaign, is now running for the Miami-Dade Commission seat being vacated by Barbara Jordan.

The parents also wrote a book, "Rest in Power: The Enduring Life of Trayvon Martin."

What has Zimmerman done?

Little but cause trouble, hurt others.

A good man feels remorse, regret at taking a life. A good man acquitted rebuilds his life with hard work, not by further victimizing the people he has irreparably harmed.

Filed in Polk County, where Zimmerman supposedly lives now, the suit seeks \$100 million in civil damages, alleging defamation, abuse of civil process and conspiracy.

How much more injustice can one family take?

Trayvon Martin was their son.

His family is the aggrieved party in this tragedy.

But George Zimmerman isn't done being a scumbag.

Nuclear weapons violate human rights

omorrow, Dec. 10, is Human Rights Day, when we honor the incredible work of human rights advocates around the world. It is also a time when we should demand the abolition of nuclear weapons.

When people think of human rights, nuclear weapons might not immediately come to mind. But these weapons violate our human rights by threatening our health and even survival. With about 14,000 nuclear weapons remaining in the world's arsenals, the potential for a catastrophic nuclear war is an omnipresent threat.

On this Human Rights Day, Physicians for Social Responsibility, the national advocacy organization for which I work, is calling on decision-makers to acknowledge this threat to our human rights and respond appropriately.

How?

For starters, President Donald Trump should respond positively to Russian President Vladimir Putin's request to immediately extend the New START arms control treaty. Then the United States should actively pursue an agreement among all the nuclear-armed countries to totally eliminate their arsenals.

And all of the countries on earth should join the 122 nations that in July 2017 adopted the U.N. Treaty on the Prohibition of Nuclear Weapons and bring that treaty into force.

A nuclear war would create one of the worst humanitarian crises imaginable, one for which no nation would have an adequate emergency or health response. And climate modeling has shown that a nuclear war involving less than 1% of the world's arsenals—targeted on cities—could trigger global climate disrup-

By MARTIN FLECK

Tribune News Service

Martin Fleck is the Nuclear Weapons Abolition Program Director at Physicians for Social Responsibility. This column was produced for the Progressive Media Project, which is run by The Progressive magazine, and distributed by the Tribune News Service.



tions for 10 years, degrading agricultural production and putting up to 2 billion people at risk of starvation.

Physicians for Social Responsibility was founded in 1961 in order to draw attention to the grave health and humanitarian impacts of nuclear weapons. Its motto is: "Prevention is the only cure."

Even if we manage to prevent a nuclear war, the arsenals are still a major health hazard. The processes of mining and refining uranium, building and testing nuclear weapons, and transporting and handling the radioactive waste byproducts have jeopardized the health and safety of communities in the United States and around the world for decades.

These activities have disproportionately impacted indigenous peoples, low-income communities and communities of color, whose families experience the harmful inheritance of multigenerational toxic nuclear legacies. Between 1946 and 1958, the residents of the Marshall Islands were forced to endure 67 atmospheric nuclear test explosions in their homeland.

These communities have called for accountability and for justice, but they haven't been heard. This is a social justice issue, a health issue, and a human rights issue. The right to health and the right to clean air and water are human rights, not privileges reserved for the most fortunate members of society.

Those who stockpile and threaten to use nuclear weapons are violating our human rights. On this Human Rights Day, let's make them stop. It's time to ban nuclear weapons, for good.



You wouldn't buy a car without knowing the price. So why are health care prices hidden?

n today's information age, the average person can empower himself or herself with knowledge like never before. But there is one notable exception: Most Americans have no idea what a health care service costs before they get it. If we expect to lower health care costs, that must change.

Companies in every other industry compete for consumers on the basis of cost and quality. Decisions made by informed consumers drive companies to deliver the products people want at prices they can afford.

Yet in health care, prices are intentionally hidden at the point of purchase. For too long, insurers and hospitals have dubiously claimed that negotiated prices are a strange variation of proprietary business secrets that they'll share with you—just after you receive the service.

Remarkably, prices are even hidden from people with high deductible plans who must pay for a substantial amount of services out of their own pocket before their insurance kicks in.

Imagine buying a car without knowing the price and then getting the bill two weeks later. Would the car dealership send you a bill with its best price?

Of course not. But that's exactly how our health care system works

Clearly, without first knowing the price, a patient cannot actively choose more affordable health care and, therefore, cannot put downward pressure on prices. It's not surprising then that health care costs continue to outpace inflation and now account for nearly \$1 in every \$5 in the economy.

Moreover, without patient involvement upfront, health care prices can often vary widely. That's in part why the average MRI price in the highest priced region of America is five times the average price in the lowest priced region. It also helps explain why patients get blindsided by surprise bills. You don't hear about surprise car bills because car consumers are informed and prepared for such a large expenditure up front. The same should be true for health care consumers.

The Trump administration is unlocking health care prices. In June, President Donald Trump signed an executive order focused on eliminating unnecessary barriers to price and quality transparency to protect patients and increase competition, innovation and value in the health care system. The federal agency I lead, the Centers for Medicare and Medicaid Services, is taking swift action to implement it.

By January 2021, under the recently finalized hospital price



High deductibles and rising premiums are driving up the price of health insurance, even for those with plans from their employers. Those combined costs increased over twice as fast as median income over the past decade, a new study found.

DREAMSTIME/TNS

transparency rule, hospitals will be required to post the negotiated rates insurers actually pay for services and the cash price the hospital is willing to accept directly from a patient. To further help consumers, hospitals will be required to share price information on the internet for common shoppable services, including more complex bundled services like joint replacements. All of this information will be posted in a common format that makes it easier for consumers to compare prices across hospitals.

CMS also has proposed new rules that would make prices more transparent for health plan members. These rules would require employer-based and individual market health plans to provide personalized access to pricing and out-of-pocket costs through a standardized web tool. Additionally, health plans would be required to make negotiated prices publicly available to consumers, researchers, employers and developers interested in developing new tools to help consumers.

Those with a vested interest in maintaining the status quo of preposterously high and unpredictable health care pricing will no longer be able to hide.

These powerful interests will complain that price information remains proprietary to their business. But their claims don't hold water. This information is already available to patients in their explanation of benefits—but only after they've received care. These

By SEEMA VERMA

Chicago Tribune

Seema Verma is administrator for the Centers for Medicare and Medicaid Services.



rules simply require that the same information be shared upfront.

They'll complain that transparency will take away negotiating power and will increase health care prices. You'll also hear services, especially emergency services, aren't shoppable, and that patients don't use shopping tools when available. Don't be fooled. These complaints are all about protecting profits.

In industry after industry, upfront pricing is standard business practice—and rightly so. That's because it is essential to an efficient and effective market. It feeds the competitive market forces that drive down prices.

The same economic principles apply in health care. When New Hampshire launched a website with health care prices for everyone with private insurance, prices for imaging services dropped, saving patients millions of dollars. Kentucky recently made pricing information available to state employees and offered rewards to employees who chose lower-cost options. As result, 42% of eligible shoppers looked up information on prices and rewards, and 57% chose a more cost-effective option. This is basic economics in practice.

For too long, the health care system has catered to the demands of powerful vested interests led by hospitals and insurers. The decadeslong norm of price obscurity is just fine for those who get to set the prices with little accountability and reap the profits, but that stale and broken status quo is bleeding patients dry. The price transparency delivered by these rules will put downward pressure on prices and restore patients to their rightful place at the center of American health care.

QUESTIONS

From Page 10

porters that "there are a lot of questions that are unanswered."

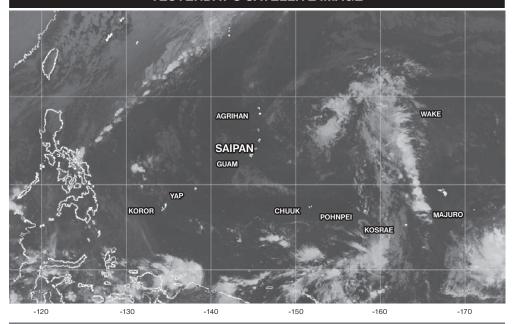
Merino and the rest of the public need to hear those answers. We urge the FBI and other law enforcement authorities to be fully transparent in its investigation and findings.

(c)2019 Sun Sentinel (Fort Lauderdale, Fla.)

12 MONDAY, DECEMBER 9, 2019 SAIPAN TRIBUNE

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN								
TODAY	TUES	SDAY	WEDNESDAY		THURSDAY		FRIDAY	
-ÿ;-		\$	<u>~</u>	ģ(-	<u>%</u>);-	<u>%</u>);-
Partly sunny with isolate showers. Light and variable winds.	isolated s thunderstorn	oudy with howers and is. East winds 10 mph.	Partly cloudy with isolated showers.		Partly cloudy shov	with isolated vers.	Partly cloudy shov	
89° 77°	87°	76°	88°	77°	88°	77º	86°	76°
YESTERDAY'S SATELLITE IMAGE								



PICTURE TIME: 8:06 AM, SUNDAY, DECEMBER 8, 2019 Western North Pacific between equator and 25N from 130E to 180.

Guam weather radar shows isolated showers west of the Marianas, moving away. Satellite shows clearer and drier air moving in at least for the morning. The VAD wind profile indicates northeast winds of 10 to 15 knots through the lowest 4 thousand feet of the air. The buoys reveal combined seas of 5 to 7 feet composed of a combination of tradewind waves and swell, both from the east-northeast. There is also a bit of energy from the north-northwest.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESI	▲ ♥°F	
Guam and Rota	Mostly Sunny	84° / 78°
Palau	Thunderstorms	85° / 77°
Yap	Thunderstorms	85° / 79°
Chuuk	Thunderstorms	85° / 79°
Pohnpei	Sunny	86° / 77°
Kosrae	Mostly Sunny	85° / 77°
Majuro	Thunderstorms	85° / 81°

		, , ,
AROUND TH	E GLOBE	▲ ▼°F
Auckland	Partly Cloudy	66° / 57°
Beijing	Sunny	46° / 27°
Hong Kong	Sunny	72° / 61°
Honolulu	Mostly Sunny	84° / 73°
London	Partly Cloudy	48° / 36°
Los Angeles	Partly Cloudy	67° / 53°
Manila	Partly Cloudy	86° / 75°
Melbourne	Partly Cloudy	70° / 54°
Miami	Sunny	80° / 71°
New York	Showers	57° / 54°
Osaka	Partly Cloudy	61° / 48°
Paris	Showers	48° / 39°
Busan	Partly Cloudy	61° / 41°
Rome	Showers	61° / 50°
Salem	Showers	70° / 57°
San Francisco	Partly Cloudy	55° / 44°
Seoul	Partly Cloudy	52° / 27°
Tokyo	Showers	54° / 46°
Washington, DC	Showers	57° / 55°



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TIDES: SAIP	AN HARBOR TO	DAY FEET
6:23 AM	HIGH TIDE	1.38
11:32 AM	LOW TIDE	0.76
5:18 PM	HIGH TIDE	1.69
-	-	-

DAY	SUNRISE	SUNSET
Today	6:31 AM	5:46 PM
Tuesday	6:31 AM	5:46 PM
Wednesday	6:32 AM	5:47 PM
Thursday	6:32 AM	5:47 PM
Friday	6:33 AM	5:48 PM
	Today Tuesday Wednesday Thursday	Today 6:31 AM Tuesday 6:31 AM Wednesday 6:32 AM Thursday 6:32 AM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	3:35 AM	3:36 PM
Tuesday	-	4:25 AM	4:17 PM
Wednesday	-	5:18 AM	5:02 PM
Thursday	-	6:14 AM	5:52 PM
Friday	-	7:11 AM	6:47 PM

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FLIQUE	COLLEBILLE	46.05	DEALMBED	0.0040
FLIGHT	SCHEDULE	A5 UF	DECEMBER	2, 2019

FL	IGHT	SCH	EDULE A	S	OF DE	СЕМ	BER 2	, 2019
	DE	PARTU	RES			A	RRIVAL	.S
SAIPAN-C	GUAM (GUM)			GUAM (G	ium)-sa	IPAN	
UA117	9:15am	9:55am	Daily		UA174		8:11am	Daily
UA105	6:20pm	7:00pm	2, 4, 6		UA104		5:26pm	2, 4, 6
SAIPAN-N	NARITA	(NRT)			NARITA	(NRT)-S	AIPAN	
SKY811	10:15am	3:00pm	Daily		SKY816 SKY816		7:30pm 8:00pm	1, 2, 3, 4, 5, 7 6
SAIPAN-E	BUSAN ((PUS)			BUSAN (PUS)-SA	IPAN	
7C3451		6:30am	Daily		7C3452 7C3452	9:35pm	2:30am+1 2:30am+1	1, 2, 4, 5, 6, 7 3
SAIPAN-S	EOUL (ICN)			SEOUL (I	CN)-SAI	PAN	
TW308 OZ626 OZ626 OZ626 TC3403 OZ6243 OZ624 TC3401 TW310 SAIPAN-S 3U8648 SAIPAN-I JD396 JD396	2:10am 2:50am 2:50am 4:35am 3:20pm 3:50pm 4:30pm 5:25pm 6:10am HANGZH 7:30am	8:50am	4, 7		OZ6233 OZ623 7C3402 TW309 OZ625 TW307 OZ625 7C3404 SHANGH 3U8647 HANGZH JD395 JD395	8:55am 10:10am 11:10am 7:30pm 7:45pm 8:20pm 10:10pm AI (PVG) 10:30pm OU (HGP 8:05am	4:30am+1	3, 6 N 4
SAIPAN-E	BEIJING	(PEK)			BEIJING	(PEK)-S	AIPAN	
MU764	1:30am	6:00am	3, 5, 7		MU763	4:50pm	12:30am+1	2, 4, 6
SAIPAN-I	NANILA	(MNL)			MANILA	(MNL)-S	AIPAN	
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LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); 3U Sichuan Airlines, 7C Jeju Air, DL Delta Airlines, JD Beijing Capital, UO HK Express, HX HongKong Airlines, MU China Eastern, OZ Asiana Airlines, TW t'way Air, UA United Airlines, BC SkyMark ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. (The Saipan Tribune is not responsible for any changes in the schedule.)

STAR MARIANAS AIR, INC.

SAIPAN 1	TO ROTA			1203	9:00AM	9:15AM	Daily
FLIGHT # 1301 1302 1303	DEPARTURE 7:30AM 11:30AM 4:00PM	ARRIVAL 8:00AM 12:00PM 4:30PM	FREQUENCY Daily Daily Daily	1204 1205 1206 1207 1208	10:00AM 11:00AM 12:00PM 1:00PM 2:00PM	10:15AM 11:15AM 12:15PM 1:15PM 2:15PM	Daily Daily Daily Daily Daily
ROTA TO	SAIPAN			1209	3:00PM	3:15PM	Daily
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3103 4:45PM 5:15PM Daily			Dally	TINIAN T	O SAIPAN		
ROTA TO	GUAM			FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
FLIGHT # 3401	DEPARTURE 12:15PM	ARRIVAL 12:45PM	FREQUENCY Daily	2102 2103 2104	7:30AM 8:30AM 9:30AM	7:45AM 8:45AM 9:45AM	Daily Daily Daily
GUAM TO	ROTA			2105 2106	10:30AM 11:30AM	10:45AM 11:45AM	Daily Daily
FLIGHT # 4301	DEPARTURE 1:00PM	ARRIVAL 1:30PM	FREQUENCY Daily	2107 2108 2109	12:30PM 1:30PM 2:30PM	12:45PM 1:45PM 2:45PM	Daily Daily Daily Daily
SAIPAN 1	TO TINIAN			2110	3:30PM	3:45PM	Daily
FLIGHT # 1201 1202	DEPARTURE 7:00AM 8:00AM	ARRIVAL 7:15AM 8:15AM	FREQUENCY Daily Daily	2111 2112 2113	4:30PM 5:30PM 6:30PM	4:45PM 5:45PM 6:45PM	Daily Daily Daily

MONDAY, DECEMBER 9, 2019 **13** SAIPAN TRIBUNE

Business

Elon Musk cleared of defamation in 'pedo guy' tweet trial

LOS ANGELES (AP)—Elon Musk defeated defamation allegations Friday from a British cave explorer who claimed he was branded a pedophile when the Tesla CEO called him "pedo guy" in an angry tweet.

Vernon Unsworth, who participated in the rescue of 12 boys and their soccer coach trapped for weeks in a Thailand cave last year, had sought \$190 million in damages for the shame and humiliation caused by the man his lawyer called a "billionaire bully."

It took less than an hour for an eight-person jury in Los Angeles federal court to reject Unsworth's claim after a fourday trial.

Musk said the verdict restored his faith in humanity as he quickly left the court with his security detail.

Musk — who deleted the tweet and later apologized for it — had asserted the expression was nothing more than a flippant insult that meant "creepy old man," not pedophile.

Unsworth had provoked the attack by belittling Musk's contribution to the rescue—a miniature sub his engineers built that was never used—as ineffective and nothing more than a "PR stunt." He further earned the ire of the tech whiz by suggesting Musk stick the sub "where it hurts."

On Friday, it was Unsworth who felt the pain.

"I accept the jury verdict, take it on the chin, and move on," Unsworth said outside court.

Jury foreman Joshua Jones said the panel decided Un-



British cave explorer Vernon Unsworth, center, with his attorneys, Mark Stephens, left, and Lin Wood, take questions from the media outside U.S. District Court Friday, Dec. 6, 2019.

sworth's lawyers failed to prove their case. He said they spent too much time trying to appeal to jurors' emotions and not concentrating on the

"The failure probably happened because they didn't focus on the tweets," Jones said after the verdict was announced. "I think they tried to get our emotions involved in it."

Attorney Lin Wood, in an impassioned and at times emotional closing argument,

suggested the jury should award \$190 million. Wood said \$150 million of that figure should be a "hard slap on the wrist" to punish Musk for what he said was akin to dropping an atomic weapon on his client that would create problems for years like radioactive fallout.

He suggested the figure would be reasonable given that Musk testified his stock in Tesla and SpaceX is worth about \$20 billion. But Musk's lawyer, Alex Spiro, ridiculed the suggested verdict as "numbers being thrown out like 'The Price is Right.""

Wood said it was important to challenge Musk's tweet in court even if they didn't win. Unsworth had said the statement would appear true if he didn't sue.

"Anybody that knows this man knows beyond a shadow of a doubt that Elon's accusations were false," Wood said outside court. "This was not the justice that he deserved under the evidence."

While Musk was cleared of liability, the trial was just the latest incident where he's faced legal problems because of troublesome tweets.

Musk and Tesla reached a \$40 million settlement with

the Securities and Exchange Commission last year over allegations he misled investors with a tweet declaring he had secured financing to buy out the electric car maker. Earlier this year, the SEC sought to hold him in contempt of court for tweeting a misleading projection of how many cars Tesla would manufacture. That led to a new agreement imposing tight controls on Musk's tweets about the company.

The day after Musk's tweet about Unsworth, Tesla stock price fell 3% and shareholders and people within the company were urging him to apologize. Musk said he resisted at first because he didn't want to look "foolish and craven" by doing so right after the stock dropped.

Musk's lawyer told the jury the tweet did not rise to the level of defamation and cases over insults didn't belong in federal courtrooms.

Spiro said Unsworth had tried to profit off his role in the cave rescue and basked in the many accolades he received.

Unsworth had been honored by the queen of England and the king of Thailand, had his photo taken next to British Prime Minister Theresa May and been asked to speak at schools and contribute to a children's book, which showed that no one took Musk's insult seriously.

US firms keep hiring, easing worries of weakening economy

WASHINGTON (AP)— American businesses have complained for years that they can't find the workers they need to fill available jobs. November's robust hiring gain suggests that at least some have found a way to do so.

With the unemployment rate now at a half-century low of 3.5%, many economists have also warned that hiring would soon slow simply because there are fewer unemployed workers available.

That day may still come, but it didn't in November. Employers added 266,000 jobs last month, the most since January. Monthly hiring has, in fact, picked up since earlier this year: It averaged 205,000 for the past three months, up from a recent low of 135,000 in July.

Friday's jobs report largely squelched fears of a recession that had taken hold in the summer. Steady job growth has

helped reassure consumers that the economy is expanding and that their jobs and incomes remain secure. That should boost spending and growth in the months ahead.

President Donald Trump seized on the strong jobs report as he tries to focus voters' attention on the state of the economy rather than the impeachment inquiry being led by House Democrats. The latest numbers also come as Trump's trade war with China had prompted companies to cut back on their investments in plants and industrial equipment, slowing growth.

"Without the horror show that is the Radical Left, Do Nothing Democrats, the Stock Markets and Economy would be even better, if that is possible, and the Border would be closed to the evil of Drugs, Gangs and all other problems! #2020," the president tweeted.

He returned to the report

later Friday, tweeting: JOBS, JOBS, JOBS!"

Employers seemed to be shrugging off economic concerns, adding jobs at a solid clip. And other risks to the global economy, such as a disorderly Brexit for the U.K., have faded in the past month. Given all that, the economy could provide a boost for Trump in next year's election.

Investors cheered the report, sending the Dow Jones industrial average up 340 points in afternoon trading.

The new job numbers were released as companies have been getting more creative about enticing workers as the ranks of the unemployed dwindle. Some are willing to hire people who are less qualified and train them, while others are raising pay to attract more applicants. Still others are offering flexible work schedules or have dropped some drugtesting requirements.

PG&E says it has reached \$13.5 billion wildfire settlement LOS ANGELES (AP)—Pacific Gas and Electric an-

nounced Friday it has reached a tentative \$13.5 billion settlement resolving all major claims related to the deadly, devastating Northern California wildfires of 2017-2018 that were blamed on its outdated equipment and negligence.

The utility says the deal, which still requires court approval, represents a key step in leading it out of Chapter 11 bankruptcy.

The deal is expected to resolve all claims arising from a series of deadly 2017 Northern California wildfires and the 2018 Camp Fire, which killed 85 people and all but incinerated the town of Paradise. It also resolves claims from the 2015 Butte Fire and Oakland's 2016 Ghost Ship Fire.

"From the beginning of the Chapter 11 process, getting wildfire victims fairly compensated, especially the individuals, has been our primary goal," Bill Johnson, PG&E Corporation's CEO and president, said in a statement Friday. "We want to help our

customers, our neighbors and our friends in those impacted areas recover and rebuild after these tragic wildfires."

In most cases the 2017 and 2018 fires were blamed on power lines, and two attorneys representing more than 5,000 Northern California fire victims hailed the settlement.

"I think it's a fantastic result," said attorney Rich Bridgford of Bridgford, Gleason & Artinian, adding it will not only compensate thousands of devastated fire victims but also require PG&E to put billions into overhauling its infrastructure to prevent future disasters.

"You have to be mindful of the fact that PG&E is in bankruptcy," he added. "This means they are required to perform a delicate balancing act aimed at achieving dual goals of deterring bad past behavior on the one hand and on the other hand keeping the utility financially viable so that it can function and keep power flowing. We believe the settlement achieves this delicate balance."

The 2018 Camp Fire was

California's deadliest and destroyed nearly 18,000 structures. The series of wildfires that spread across a wide stretch of Northern California in 2017 killed dozens and burned tens of thousands of structures.

"The goal of the litigation from the very beginning has been to change their behavior, and that is their lack of safety standards and the way they manage and maintain their equipment," attorney James Frantz said of PG&E.

The settlement is still subject to a number of conditions involving PG&E's Chapter 11 bankruptcy reorganization plans, which must be completed by June 30, 2020.

Friday's proposal responds to pressure from Gov. Gavin Newsom to give wildfire victims more than the utility originally offered, but it still relies on the bankruptcy judge's approval as part of the proceedings. A February hearing at which an official estimation of losses will be made still looms for the utility and could upend any settlement deals.

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Nation

House impeachment report looks at abuse, bribery, corruption

WASHINGTON (AP)— Previewing potential articles of impeachment, the House Democrats on Saturday issued a lengthy report drawing on history and the Founding Fathers to lay out the legal argument over the case against President Donald Trump's actions toward Ukraine.

The findings from the House Judiciary Committee do not spell out the formal charges against the president, which are being drafted ahead of votes, possibly as soon as next week. Instead, the report refutes Trump's criticism of the impeachment proceedings, arguing that the Constitution created impeachment as a "safety valve" so Americans would not have to wait for the next election to remove a president. It refers to the writings of George Washington, Thomas Jefferson and others to link Trump's actions in his July phone call with Ukraine's president seeking political investigations of his rivals to the kind of behavior that would "horrify" the framers.

"Where the President uses his foreign affairs power in ways that betray the national interest for his own benefit, or harm national security for equally corrupt reasons, he is subject to impeachment by the House," the Democrats wrote. "Indeed, foreign interference in the American political system was among the gravest dangers feared by the Foundeven the President."

ers of our Nation and the Framers of our Constitution."

Democrats are working through the weekend as articles are being drafted and committee members are preparing for a hearing Monday. Democrats say Trump abused his power in the July 25 phone call when he asked Ukrainian President Volodymyr Zelenskiy for a favor and engaged in bribery by withholding nearly \$400 million in military aide that Ukraine depends on to counter Russian aggression.

Speaker Nancy Pelosi says

it's part of a troubling pattern of behavior from Trump that benefits Russia and not the U.S.

Trump has insisted he did nothing wrong. "Witch Hunt!"the president tweeted Saturday morning.

The articles of impeachment are likely to encompass two major themes — abuse of office and obstruction — as Democrats strive to reach the Constitution's bar of "treason, bribery or other high crimes and misdemeanors.'

In releasing his report Saturday, Chairman Jerrold Nadler, D-N.Y., said the president's actions are the framers' "worst nightmare."

"President Trump abused his power, betrayed our national security, and corrupted our elections, all for personal gain. The Constitution details only one remedy for this misconduct: impeachment," Nadler said in a statement. "The safety and security of our nation, our democracy, and future generations hang in the balance if we do not address this misconduct. In America, no one is above the law, not

pany C, 2-211th General Sup-

The report released Saturday is an update of similar reports issued during the Richard Nixon and Bill Clinton impeachments and lays out the justification for articles under consideration, including abuse of power, bribery and obstruction.

It does not lay out the facts of the Ukraine case, but it Speaker of the House Nancy Pelosi, D-Calif., stands during a news conference on climate change at the Capitol in Washington, Friday, Dec. 6, 2019.

hints at potential articles of impeachment and explains the thinking behind Democrats' decision to draft them. Without frequently mentioning Trump, it alludes to his requests that Ukraine investigate Democrats, a move he believed would benefit him politically, by saying a president who "perverts his role as chief diplomat to serve private rather than public ends" has unquestionably engaged in the high crimes and misdemeanors laid out in the Constitution. That is true "especially" if he invited rather than opposed foreign interference, the report says.

The report examines treason, bribery, serious abuse of power, betrayal of the national interest through foreign entanglements and corruption of office and elections. Democrats have been focused on an overall abuse of power article, with the possibility of breaking out a separate, related article on bribery. They are also expected to draft at least one article on obstruction of Congress, or obstruction of justice.

ACROSS THE NATION

Hospital identifies man who survived **Pearl Harbor shooting**

HONOLULU (AP)—Ahospital has identified the man who was wounded in Wednesday's shooting at the Pearl Harbor Naval Shipyard. Roger Nakamine, 36, is a Department of Defense employee who was working as an apprentice at the shipyard when a sailor opened fire, the Queen's Medical Center said in a statement. Gabriel Romero, 22, shot and killed two people—and wounded Nakamine—with his service weapon before taking his own life. Romero, who was from Texas and enlisted in the Navy two years ago, was dead when authorities responded to the shooting. He was armed for his job providing security for the fast attack submarine USS Columbia, which is at Joint Base Pearl Harbor-Hickam for maintenance, officials said. "My family and I would like to express our gratitude to the first responders and the expert

medical staff at Queen's, as well as to all the friends and extended ohana who have been reaching out to offer their support physically, emotionally and spiritually," Nakamine said in the statement.

2 children in North Carolina charged with manslaughter N.C.

CHARLOTTE, (AP)—Authorities in North Carolina say they've charged an 11-year-old boy and a got into a physical altercation with another child who was struck by a vehicle and killed. Charlotte-Mecklenburg Police announced the charges late Friday. Police said that on Thursday evening, the two youths and an 11-year-old boy were involved in a physical altercation by a road when the victim entered the roadway and was hit by a vehicle. Police said the youths were taken to police headquarters and in-

terviewed by detectives. Both

were later charged with involuntary manslaughter. Police did not release the names of the victim or the two youths. Police said the driver of the vehicle was not charged.

Minnesota National Guard identifies 3 killed in copter crash

ST. CLOUD, Minn. (AP)— Minnesota National Guard says the three soldiers who were killed when their helicopter crashed near St. 12-year-old girl with involun- Cloud this week were part of tary manslaughter after they a unit that returned last May from a nine-month deployment to the Middle East. The Guard identified the men who were killed in Thursday's crash as Chief Warrant Officers 2nd Class James A. Rogers Jr., 28, and Charles P. Nord, 30, and Sgt. Kort M. Plantenberg, 28. The Guard tweeted that during their unit's recent Middle East deployment, it conducted medical evacuations in support of operations Spartan Shield and Inherent Resolve. All three soldiers were assigned to Com-

port Aviation Battalion, which is based in the central Minnesota city of St. Cloud. The soldiers were killed when their Black Hawk crashed in a field about 15 miles (24 kilometers) southwest of St. Cloud, which is where it had taken off from. The Guard says the crash happened during a routine maintenance test flight. A team from Fort Rucker, Alabama, was sent to Minnesota to determine why the crash happened. Minnesota Gov. Tim Walz. who served in the Guard for 24 years, ordered flags flown at half-staff at state and federal buildings throughout Minnesota from 2:05 p.m. Friday until 2:05 p.m. Monday. That was the time on Thursday when the Guard lost contact with the crew. "They paid the ultimate price in their service," Walz said in a statement. "Words will never ease the pain of this tragic loss, and the state of Minnesota is forever in the debt of these warriors."

Biden calls Sanders' pitch to leverage Israel aid 'bizarre'

OELWEIN, Iowa (AP)—Joe Biden said Saturday that it is "bizarre" for Bernie Sanders to propose withholding U.S. military aid from Israel if the government there doesn't moderate its treatment of Palestinians.

The remarks highlight a nuanced but significant distinction between the Democratic presidential contenders. Biden and Sanders support a "two-state solution" for Israel and the Palestinians, and both men have criticized political leaders on each side of the long-standing conflict. But Biden's take, offered during a question-and-answer session with Iowa voters, hewed a more traditional U.S. establishment line by reaffirming a financial commitment to Israel regardless of its actions toward Palestinians.

The former vice president, while casting Israeli Prime Minister Benjamin Netanyahu as a "counterproductive" and "extreme right" leader and accused Palestinian leaders of "fomenting" the conflict and "baiting everyone who is Jewish," while suggesting that some on the U.S. political left give the Palestinian Authority "a pass" when criticizing Israeli leadership.

"In terms of Bernie and others who talk about dealing with Zionism, I strongly support Israel as an independent Jewish state," Biden said in rural northeastern Iowa. He added, "The idea that I'd withdraw military aid, as others have suggested, from Israel, is bizarre. I would not do that. It's like saving to France, 'Because you don't agree with us, we're going to kick you out of NATO."

Sanders, a Vermont senator, elevated the matter in late October when he said the U.S. should "leverage" its billions of dollars in annual Israeli aid. "My solution is to say to Israel: 'You get \$3.8 billion every year. If you want military aid, you're going to have to fundamentally change your relationship to the people of Gaza.' In fact, I think it is fair to say that some of that should go right now into humanitarian aid."

Netanyahu said Thursday, despite warnings from the International Criminal Court, that he has the "full right" to annex the Jordan Valley altogether if it chooses, and he said he discussed annexation this week in a meeting with U.S. Secretary of State Mike Pompeo.

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Asia

N Korea conducts 'important test' at once-dismantled site

SEOUL, South Korea (AP)— North Korea said Sunday it carried out a "very important test" at its long-range rocket launch site that it reportedly rebuilt after having partially dismantled it when it entered denuclearization talks with the United States last year.

The announcement comes amid dimming prospects for a resumption of negotiations, with the North warning it would seek "a new way" if it fails to get major U.S. concessions by year's end. North Korea has said its resumption of nuclear and long-range missile tests depends on the United States.

Saturday's test at the Sohae Satellite Launching Ground will have "an important effect on changing the strategic position of (North Korea) once again in the near future," an unidentified spokesman from the North's Academy of National Defense Science said in a statement, according to the official Korean Central News Agency.

He said the defense academy submitted the test results to the Central Committee of the ruling Workers' Party. The North said last week that the Central Committee will hold a meeting in late December to discuss



People watch a TV news program reporting North Korea's announcement with a file footage of North Korean leader Kim Jong Un, at the Seoul Railway Station in Seoul, South Korea, Sunday, Dec. 8, 2019.

unspecified "crucial issues" in Kim Dong-yub at Seoul's Inline with "the changed situation at home and abroad."

North Korea didn't say

stitute for Far Eastern Studies said that North Korea likely tested for the first time a solidwhat the test included. Analyst fuel engine for an intercontinental ballistic missile. The use of solid fuel increases a weapon's mobility.

CNN reported Friday that a new satellite image indicated North Korea may be preparing to resume testing engines used to power satellite launchers and intercontinental ballistic missiles at the site.

On Saturday, President Donald Trump and South Korean President Moon Jaein discussed developments related to North Korea and the two leaders committed to continue close communication, the White House said in a

statement. Moon's office also released a similar statement, saving the two leaders had a 30-minute phone conversation at Trump's request.

Saturday's test "is meant to improve military capabilities and to shore up domestic pride and legitimacy," said Leif-Eric Easley, a professor at Ewha University in Seoul. "With the activity at Sohae, Pyongyang is also trying to raise international concerns that it may intensify provocations and walk away from denuclearization talks next year."

The Sohae launching center

in Tongchang-ri, a seaside region in western North Korea, is where the North has carried out banned satellite launches in recent years, resulting in worldwide condemnation and U.N. sanctions over claims that they were disguised tests of longrange missile technology.

North Korea has said its satellite launches are part of its peaceful space development program. But many outside experts say ballistic missiles and rockets used in satellite launches share similar bodies, engines and other technology. None of North Korea's three intercontinental ballistic missile tests in 2017 was conducted at the Sohae cite, but observers said the site was used to test engines for ICBM.

After North Korea opened nuclear talks with the U.S. last year, Washington and Seoul said Pyongyang had dismantled sections of its Tongchang-ri facility as part of disarmament steps that include closing the country's underground nuclear testing site and suspending ICBM and nuclear tests. But South Korea's spy agency and some U.S. experts said in March that North Korea was restoring the facility, the assessments that rose doubts over whether it is committed to denuclerization.

U.S.-North Korea diplomacy largely remains deadlocked since the second summit between President Donald Trump and North Korean leader Kim Jong Un in Vietnam in February due to disputes over how much sanctions relief the North must get in return for dismantling its key nuclear complex — a limited disarmament step.

Pro-govt protesters denounce HK 'rioters'

HONG KONG (AP)—Only after finding safety in numbers, joining hundreds of other pro-government protesters in Hong Kong on Saturday, did Reddy Lin drum up the courage to slip into her red T-shirt marked, "China, I love you" and glue a heart-shaped Chinese-flag sticker on her face.

But for the train ride home, the teacher said she'd be taking all her pro-China garb off again. The risk of running into supporters from the rival camp, those who oppose China's communist rulers, was simply too great, she said.

"It's very dangerous. They'll beat you," she said. "They're brutes."

Lin and hundreds of other protesters waving red Chinese flags packed a Hong Kong park to vociferously denounce what they say is a reign of terror being imposed on the city by months of antigovernment demonstrations. The protest highlighted the widening gulf between the pro- and anti-government camps in Hong Kong, with divisions that appear irreconcilable.

Compared to the hundreds of anti-government rallies that have gripped Hong Kong since June, the pro-China demonstration was like stepping through a looking glass. The Hong Kong police were praised as saviors, not bullies. China was presented as a country to love, not fear. Hong Kong was described as a city freer than most, instead of a place losing its liberties.

Chief among the demonstrators' complaints was that they have grown scared of the black-clad, frequently violent hard core of the anti-government movement.

Calling them "rioters," many said hard-line protesters are destroying Hong Kong's freedoms, rather than protecting them, by resorting to violence.

In chants, the crowd called anti-government protesters "cockroaches." Photos displayed at the rally showed the bloodied faces of people who have been attacked during protests. They have included people who've been deemed by mobs to be unsympathetic to the anti-government movement, including a man who was doused with inflammable liquid and set on fire last month.

"They destroy everything," fumed Tata Tsg, a retiree at the rally who said she is now too scared to go out in the evenings. "Those bastards have freedom, I have no freedom."

Tsg and two friends who joined her, sisters Angie and Winnie Choi, said it marked the first time that any of them, all in their fifties, had ever taken part in a protest. Angie Choi carried a poster marked: "Extreme rioters. Hong Kong suffers."

Lin, the civics teacher who traveled from the neighboring Chinese city of Shenzhen for the protest in a small square amid Hong Kong tower blocks, collected hundreds of signatures for 'Thank you' letters she said she'll mail to the territory's much-maligned police force.

"They are working very hard," she said. Lin said her 20-year-old son, who studies at a Hong Kong university, was too afraid to join her at the demonstration, scared that he might be recognized by classmates and "be beaten."

The police force has become hated by many antigovernment protesters, furious over riot officers' liberal use of choking tear gas and thousands of often muscular arrests. A call for an independent probe of police behavior features among the anti-government movement's main demands.

Devastating market fire kills at least 43 in Indian capital

NEW DELHI (AP)—At least 43 people died on Sunday in a devastating fire at a building in a crowded grains market area in central New Delhi, police said.

Firefighters fought the blaze from 100 meters (yards) away because it broke out in one of the area's many alleyways, tangled in electrical wire and too narrow for vehicles to access, authorities at the scene said.

Dr. Kishore Singh said rescuers brought victims to his government-run hospital and two others in the city. Another 16 people were being treated for burns or smoke inhalation and were in stable condition, Singh said.

Fire Services chief Atul Garg said the blaze was put out by 25 fire trucks and that the rescue operation was completed. About 60 people, including casualties, were taken out of the building, according to police spokesman Arun Kumar Mittal.

The cause of the fire, which erupted around 5:30 a.m.. was not immediately clear, but police and fire officials said they were investigating whether a manufacturing unit was operating legally in the crowded area.

Distraught people appeared at the site of the blaze and at the three hospitals.

The Press Trust of India news agency quoted Manoj, who uses one name, as saying that his 18-year-old brother Naveen was working in a handbag manufacturing unit in the building.

"I got a call from his friend informing that he has been injured in the incident. I have no clue which hospital he has been taken to," he said.

Manoj Tiwari, a Bharatiya Janata Party lawmaker from New Delhi, said most of the casualties occurred on the third floor of the building.

Prime Minister Narendra Modi described the fire as "extremely horrific."

"My thoughts are with those who lost their loved ones. Wishing the injured a quick recovery," Modi tweeted. Authorities are providing all possible assistance at the site of the tragedy, he said.

Fires are common in India, where building laws and safety norms are often flouted by builders and residents.

In 1997, a fire in a movie theater in New Delhi killed 59 people. In February this year, 17 people were killed by a fire in a six-story hotel in the Indian capital that started in an illegal rooftop kitchen.

16 MONDAY, DECEMBER 9, 2019 SAIPAN TRIBUNE

World

Iran frees Chinese-American scholar for US-held scientist

DUBAI, United Arab Emirates (AP)—A Princeton scholar held for three years in Iran on widely criticized espionage charges was freed Saturday as part of a prisoner exchange that saw America release a detained Iranian scientist, a rare diplomatic breakthrough between Tehran and Washington after months of tensions.

The trade on the tarmac of a Swiss airport saw Iranian officials hand over Chinese-American graduate student Xiyue Wang for scientist Massoud Soleimani, who had faced a federal trial in Georgia over charges he violated sanctions by trying to have biological material brought to Iran.

The swap, however, had clear limits. Crushing U.S. sanctions on Iran blocking it from selling crude oil abroad remain in place, part of President Donald Trump's maximum pressure campaign imposed following his unilateral withdraw from Tehran's

nuclear deal with world powers last year. Those sanctions in part fueled the anger seen in nation-wide protests last month that Iranian security forces violently put down, unrest that reportedly killed over 200 people.

Meanwhile, Western detainees from the U.S. and elsewhere remain held by Tehran, likely to be used as bargaining chips for future negotiations. At least two American families of detainees, while praising Wang's release, questioned why their loved ones didn't come home as well.

Wang's release had been rumored over recent days. One lawyer involved in his case tweeted out a Bible verse about an angel freeing the apostle Peter just hours before Iranian Foreign Minister Mohammad Javad Zarif broke the news in his own tweet. He posted pictures of himself with Soleimani at the Zurich airport before quickly whisking him back to Tehran by jet.

Trump shortly after acknowledged Wang was free in a statement from the White House, thanking Switzerland for its help. The Swiss Embassy in Tehran looks out for America's interests in the country as the U.S. Embassy there has been closed since the 1979 student takeover and 444-day hostage crisis.

"We're very happy to have our hostage back. The whole Princeton University community is very thrilled and it was a one-on-one hostage swap," said Trump, speaking to reporters outside the White House before he left on a trip to Florida. "Actually I think it was a great thing for Iran. I think it was great to show that we can do something. It might have been a precursor as to what can be done. But we have our hostage back."

Brian Hook, the U.S. special representative for Iran, accompanied the Soleimani to Switzerland to make the exchange. He later posed for a photograph with Wang, who

carried a folded American flag in his arms while wearing gray workout clothes.

Hook and Wang traveled to Landstuhl hospital near Ramstein Air Base in Germany where Wang likely will be examined by doctors for several days.

Wang's wife, Hua Qu, released a statement saying "our family is complete once again."

"Our son Shaofan and I have waited three long years for this day and it's hard to express in words how excited we are to be reunited with Xiyue," she said. "We are thankful to everyone who helped make this happen."

Soleimani arrived at Tehran's Mehrabad International Airport with Zarif, where his wife and family wrapped garlands of yellow and purple carnations around his neck. He briefly spoke to journalists from state-run media, his voice shaking and a tear running down his face under a portrait of the late Supreme Leader Ayatollah Ruhollah Khomeini.



Venice tide barriers pass another test but skeptics remain

VENICE, Italy (AP)—Floated along by barge, one of the 10-ton barriers designed to relieve Venice's perennial flooding looks like a giant plaything: an oversized hinged yellow Lego.

Central to the plan to protect the city, some or all of the 78 barriers will one day be raised when the sea rises more than 110 centimeters (43 inches), to prevent damaging high tides from pushing into the lagoon city, a world heritage site built picturesquely—but somewhat precariously-upon more than 120 islands. Concerns that high tides are becoming more frequent because of climate change have increased the urgency.

While the concept is simple, its realization has been anything but.

The system of movable underwater barriers, dubbed Moses, has been beset by corruption, cost overruns and delays. Projected at 1.8 billion euros (\$2 billion) and meant to be completed by 2011, the proj-

ect has so far cost 5.5 billion euros and is running a decade behind schedule.

In the wake of last month's flooding of Venice, the worst in 53 years, the consortium that oversees construction of Moses is eager to demonstrate that the project—after years of bad news—is on track and will be fully operational by the end of 2021.

Venetians say they cannot afford to be wrong. Skeptics and critics say they may be.

A recent test of the deepest expanse of barriers—at the Malamocco entrance to the lagoon—was declared a success by the New Venice Consortium.

It was the last of the four sections of barriers to be completely raised—but so far only in calm seas. The real test will come when all four are raised at once, and not only in serene waters, but under flood conditions. That isn't scheduled to take place until the end of next year.

It took six years to test

each of the four movable sea walls covering the three openings to the lagoon, partly because work was slowed by a 2014 corruption scandal that implicated the three main contractors and sent 35 people to jail.

Work is continuing largely with the original subcontractors now contracting directly with the consortium, which itself has been placed under government control as a result of the scandal.

The fact that the barriers have not yet been physically tested in rough seas is a concern to critics.

Paolo Vielmo, an offshore marine engineer who has long criticized the project, said that tests carried out in a laboratory in the Netherlands in the 1990s indicated that the barriers, under certain conditions, would oscillate out of control—possibly even breaking apart.

"Its behavior is not predictable," Vielmo said. He said that the trials so far declared successful have been under only modest sea conditions that fail to represent anywhere near the threat of the phenomenon of extreme oscillation called subharmonic resonance.

Vielmo and two other offshore engineers have compiled a report for the Codacons consumer and environment protection advocacy group, which is asking officials to run additional calculations to see if the project is indeed viable.

And if it is not, Codacons says Moses should be stopped.

"We don't want to delay by one minute the possibility to make Moses operational. But we say we cannot make it operational until we are sure it will work," said Franco Conte, president of Codacons in Venice. "Naturally, the Venetian community is exasperated and they say, 'If we did 95%, let's do 100% and see if that works.' But that is unconscionable. If we don't know if it works, we cannot experiment."

Protests subside, but economic aftershocks still rattle Haitians

Port-au-Prince (AP)—The flaming barricades are mostly gone, protesters have largely dissipated and traffic is once again clogging the streets of Haiti's capital, but hundreds of thousands of people are now suffering deep economic aftershocks after more than two months of demonstrations.

The protests that drew tens of thousands of people at a time to demand the resignation of President Jovenel Moïse also squeezed incomes, shuttered businesses and disrupted the transportation of basic goods.

"We are nearing a total crash," Haitian economist Camille Chalmers said. "The situation is unsustainable."

Haiti's economy was already fragile when the new round of protests began in mid-September, organized by opposition leaders and supporters angry over corruption, spiraling inflation and dwindling supplies, including fuel. More than 40 people were killed and dozens injured as protesters clashed with police. Moïse insisted he would not resign and called for dialogue.

The United Nations World Food Program says a recent survey found that one in three Haitians, or 3.7 million people, need urgent food assistance and 1 million are experiencing severe hun-

ger. The WFP, which says it is trying to get emergency food assistance to 700,000 people, blames rising prices, the weakening local currency, and a drop in agricultural production due partly to the disruption of recent protests.

In the last two years, Haiti's currency, the gourde, declined 60% against the dollar and inflation recently reached 20%, Chalmers said. The rising cost of food is especially crucial in the country of nearly 11 million people. Some 60% make less than \$2 a day and 25% earn less than \$1 a day.

A 50-kilogram (110-pound) bag of rice has more than doubled in price in the local currency, said Marcelin Saingiles, a store owner who sells everything from cold drinks to cookies to used tools in Port-au-Prince.

The 39-year-old father of three children said he now struggles to buy milk and vegetables.

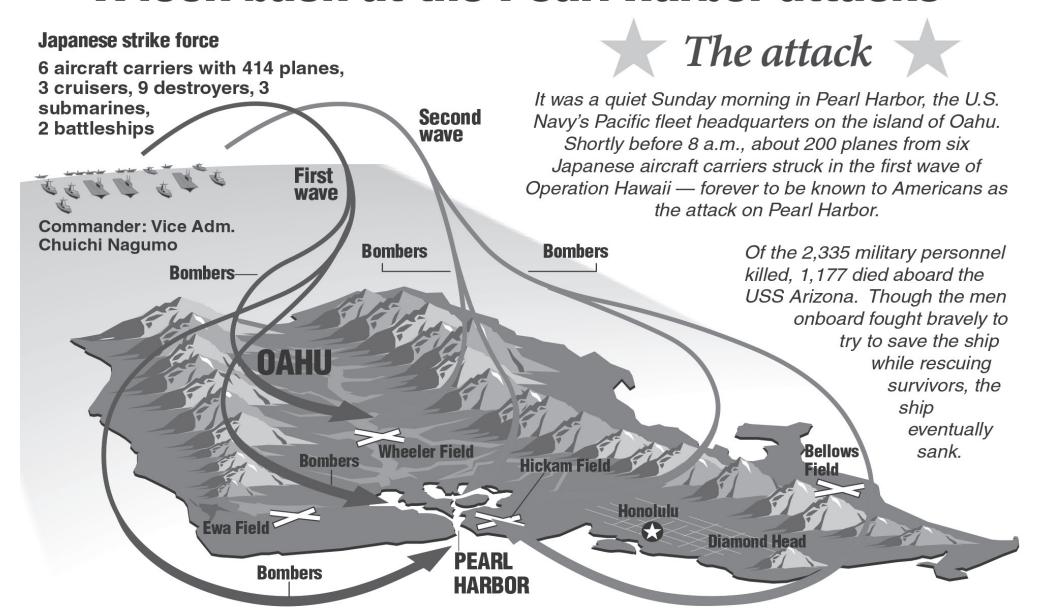
"I feed the kids, but they're not eating the way they're supposed to," he said, adding that he has drained the funds set aside for his children's schooling to buy food.

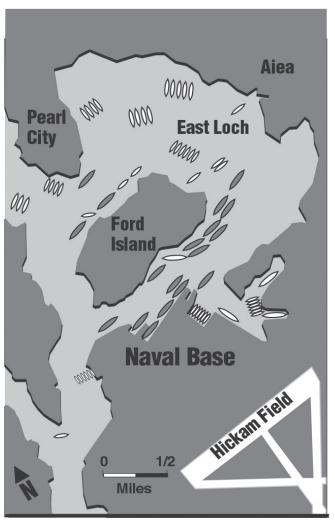
A growing number of families across Haiti can't even afford to do that since the protests began, with barricades preventing the flow of goods between the capital and the rest of the country.

SAIPAN TRIBUNE MONDAY, DECEMBER 9, 2019 **17**

Focus

A look back at the Pearl Harbor attacks





Map at left shows ship positions when attack began. The 18 ships shown in red were sunk or seriously damaged.

American losses

- 4 battleships sunk (2 of them later raised)
- 3 battleships, 3 cruisers seriously damaged
- 2,403 people killed including 68 civilians
- 188 airplanes destroyed All but 5 of the sunken ships were repaired and returned to service

Japanese losses

- 29 planes destroyed
- 1 small submarine and 1 standard submarine sunk



The Battleships USS West Virginia and USS Tennessee in flames after the Japanese attack on Pearl Harbor. (National Archives/TNS)



Thelma England of Alhambra, Calif., became a Gold Star mother after her son, Ensign John. C. England, was lost at Pearl Harbor aboard the USS Oklahoma. This photo was published on May 10, 1942 – Mother's Day – in the Los Angeles Times. (Los Angeles Times/TNS)

SOURCES: White House Historical Association, National WWII Museum, Brittanica,com, National Park Service, "Air Raid: Pearl Harbor;" "World War II Almanac"

Graphic: Staff, Tribune News Service

18 MONDAY, DECEMBER 9, 2019 SAIPAN TRIBUNE

Health & Wellness

This advertorial is sponsored by



HEALTH
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Tan Siu Lin Foundation

hat if a clock did a better job than a scale at promoting weight loss, improving sleep and preventing diabetes? New research suggests it's about time to consider that possibility.

In an early effort to explore the benefits of daily fasting in humans, researchers have found that people who are at high risk of developing diabetes improved their health in myriad ways when they ate all of their meals over a span of just over 10 hours, then fasted for the remainder of their 24-hour day.

The regimen, called "time-restricted eating," is a variant of "intermittent fasting"—a practice growing in popularity. To lose weight or improve health, those fasting intermittently don't eat—or follow a spartan diet that mimics fasting—for a day or more every week or month.

Time-restricted eating, by contrast, limits a person to consuming all of his or her daily calories in a relatively narrow window—say, from 8:00 am to 6:00 pm. Practiced daily, time-restricted eating widens the period during which the body's major visceral organs are put into a state of rest and recovery.

Ample research has shown that erratic eating patterns, shiftwork, and modern-day habits like get-up-andgo breakfasts and midnight snacks have contributed to obesity, diabetes and heart disease. Satchidananda Panda, a biologist at the Salk Institute in La Jolla, said that by establishing a consistent daily cycle of feeding and fasting, one might realign the ebb and flow of fuel intake with the body's natural circadian rhythms.

"Every cell, every organ has its clock, and every organ needs downtime to repair, reset and regain its rhythm," Panda said.

"When all your organs have rested and rejuvenated every day, they just work well," he added. "It's almost like an orchestra: when all the musical instruments are in tune, and work well together, it's a melody, not a cacophony of sounds."

For the new research, Panda and his colleagues measured what happened when 19 people were asked to do all their eating during a 10-hour window every day for 12 weeks. The participants were allowed to choose their own 10-hour window, and could vary it slightly, say, if they had an early breakfast meeting one day or a late dinner on another.

All the study's subjects had a condition known as metabolic syndrome. Sometimes called "pre-diabetes," metabolic syndrome makes a



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Eating only during a 10-hour window improved health

for those with metabolic syndrome

By MELISSA HEALY
LOS ANGELES TIMES

person five times more likely to develop type 2 diabetes, and it doubles her risk of developing cardiovascular disease within five years. The condition is diagnosed when a patient tests positive for three or more of the following conditions: obesity, high blood pressure, problematic cholesterol, impaired metabolic function and excessive waist circumference (an indicator of abdominal fat).

Three in 10 Americans are thought to have metabolic syndrome. To ward it off, doctors have little to offer beyond exercising more, eating less and losing weight. But patients often ignore or abandon that medical advice and go on to develop full-blown type 2 diabetes.

In the pilot study, the participants limited their "eating day" to under 11 hours for 12 weeks. They reduced their calorie intake by almost 9%, lost

an average of 3% of their body weight, and reported more restful sleep—all improvements that could aid in disrupting a patient's progression from metabolic syndrome to diabetes.

As a group, participants reduced their belly fat—a bellwether of future heart disease risk—by 3%.

Drilling down on the physiological effects of a daily 14-hour fast, researchers also found a wide range of subtler improvements among the 19 subjects.

The group's blood pressure, typically high in those with pre-diabetes, fell. Their cholesterol readings, typically worrisome in this population, improved. And in the 12 participants whose metabolic function had already veered into abnormal territory, three months of time-restricted eating appeared to bring about improvements in two key health measures:

fasting glucose and hemoglobin A1c.

These changes came about without any increase in participants' physical activity. And improvements didn't rise or fall with changes in weight. Time-restricted eating did induce weight loss, which typically improves many bodily functions. But it appeared to effect key changes in direct ways, rather than just by helping subjects slim down.

In several cases, participants were able to discontinue or take smaller doses of medications, such as cholesterol-lowering statins or hypertension drugs. In other instances, researchers saw that shortening their eating day and observing a long nightly fast helped patients who were not sufficiently helped by medication alone to achieve normal readings.

The results were published Thursday in the journal Cell Metabolism.

None of these promising findings is definitive: With only 19 participants and no control group, the work merely lays the foundation for further investigation.

But a much larger clinical trial that meets the gold standard of biomedical research is already in the works. Underwritten by the National Institute of Diabetes and Digestive and Kidney Diseases, that trial will also explore the benefits of daily fasting in people with metabolic syndrome.

The researchers who conducted the pilot study were buoyed by its preliminary findings, but even more excited by evidence that the study's 19 participants were both willing and able to follow the regimen—often well beyond the 12-week scope of the study.

All 19 subjects—3 women and 16 men—were able to maintain a regular habit of fasting between 13 and 14 hours a day for about six days a week, on average. The timing of their meals became more regular. And they didn't skip breakfast—a shortcut that research suggests could have negative health effects.

They were not instructed or urged to continue this pattern of eating after the study was done. But when researchers followed up with the participants about 15 months after the intervention had ended, they discovered that five continued to follow the eating schedules they had adopted in the study. Seven others said they were either limiting their eating window a little less stringently or following their time-restricted eating schedule on a part-time basis.

The remaining seven said they had followed the regimen for an average of just over four months before it fell by the wayside.

Dieting fails most severely due to lack of patient adherence. But daily fasting may make it easier for people at increased risk for diabetes and heart disease to succeed, experts said.

"These are patients at the tipping point for diabetes," said Dr. Pam R. Taub, a UC San Diego cardiologist and co-author of the new research. "This is a very critical window where you can reverse the disease process."

But Taub said "the same old spiel—get more exercise, reduce your calories, try a plant-based diet"—has proven frustrating for both her and her patients.

"Most people just don't sustain it, and year after year, things are getting worse for them," said Taub, whose patients were among the participants. "So what was really exciting was that here was a lifestyle strategy where all I asked them to do was change the time of their eating." They did, and their health improved.

People weigh more this decade

As the second decade of the 21st century ends, a look back at 2010-2019 finds that more Americans now say they weigh at least 200 pounds.

Source: Gallup Graphic: Staff, TNS



	124 lbs. or less	125-149 lbs.	150-174 lbs.	175-199 lbs.	200 lbs. and over	
2010-2019	%	%	%	%	%	Avg. weight lbs.
All Americans	7	18	23	19	28	178
Men	1	7	23	25	42	196
Women	14	28	24	13	14	159
2001-2009						
All Americans	8	19	24	20	24	174
Men	2	7	23	29	38	192
Women	15	31	25	12	12	156

MONDAY, DECEMBER 9, 2019 19 SAIPAN TRIBUNE

Life & Style

2-year old Arthur becomes star in UK Christmas ad tradition

LONDON (AP)—Little Arthur crawls out of bed in his red Marvel Comics paiamas, brushes his teeth and strolls outside after breakfast to his day job: helping out at the family hardware store in Rhayader, Wales. It's Christmas and Arthur, nearly 3, has his work cut out for him wrapping presents, hanging ornaments and helping customers.

But the cute video with 1.3 million views on YouTubeand counting—comes with a larger larger message. Don't forget the little guy.

"The small little family owned businesses still exist out there," said Arthur's dad, Thomas Lewis Jones, 30. "If you can afford to shop locally, do so. If you can't. I hope you just enjoy the video."

Big Christmas ads have become a tradition in Britain—an opportunity usually for much larger companies to pull out all the stops to woo holiday shoppers and stamp their brands firmly on the consumer brain. These are usually mini movies, similar to Super Bowl showstoppers in the United States, that feature warm and fuzzy characters like lovestruck penguins and mythical creatures who reveal the true meaning of Christmas.

These ads don't normally originate in a town 200 miles from London and have a budget of 100 pounds (\$130).

Yet this simple, day in the life of Arthur promotional video has drawn attention to much larger problems of

bricks and mortar U.K. retailers this Christmas, struggling as they do with issues ranging from the steady losses to internet retailers to a controversial local tax system whose reform is constantly discussed.

Despite initiatives, such as Small Business Saturday, stores really are facing challenges. They are often dwarfed by the bigger stores that can offer better prices and more selection. Many have a tough time getting through each year.

"What this video has done is throw into the spotlight the very real challenges that smaller firms throughout the U.K. are actually facing," said Mike Cherry, the national chairman of the Federation of Small Businesses. "They are facing spiraling business rates, high rents and online competition, expensive town center parking and the loss of bank branches and ATMs. All of these issues make for a perfect storm that is putting many small businesses at risk."

Jones, who runs Hafod Hardware, simply made Arthur his go-to star to promote the store. Arthur's supporting cast is his grandfather, John, his great-grandfather Alan and his great-grandmother Pauline. The filmmaker, Josh Holdaway, is a family friend and has a cameo appearance.

Since being posted Monday, Jones' phone has not stopped ringing. At the time he was speaking to The Associated Press on Friday, he noted with some degree of astonishment that the video was popular in Japan. It's also big in Australia. And Morocco—and so on.

But for Jones, it was a movie for his neighbors, too.



In this undated handout image taken from the Christmas advert by Hafod Hardware store, which is being hailed Friday Dec. 6, 2019 for the accolade of "Christmas ad of the year". The advert features nearly three-year old Arthur as he works in the shop, wraps presents and helps customers, at Hafod Hardware store in Rhayader, Wales, and so-far has 1.3 million views worldwide since being posted Monday on YouTube.

Nobel literature winner dreams of a new narrative style

STOCKHOLM (AP)—Nobel Literature Prize winner Olga Tokarczuk says she thinks a new sort of fiction may be needed to counteract the modern era's tendency to isolate and divide people.

In her Saturday lecture in

Stockholm ahead of receiving the prize next week, the Polish author complained of the "exhausting white noise of oceans of information" in the internet era.

"It has turned out that we are not ca-

pable of bearing this enormity of information, which instead of uniting, generalizing and freeing, has differentiated, divided and enclosed us in individual little bubbles," she said.

Tokarczuk

Tokarczuk suggested this discourages people from understanding how actions are interconnected, thus contributing to climate crisis and political tensions.

She said she dreams of a new kind of "fourth-person" narrator in fiction who could encompass the views of each character in a novel.

"We can regard this figure

of a mysterious, tender narrator as miraculous and significant. This is a point of view, a perspective, from which everything can be seen. Seeing everything means recognizing the ultimate fact that all things that exist are mutually con-

nected into a single whole, even if the connections between them are not yet known to us." she said.

Tokarczuk is the 2018 literature laureate. Her prize was announced only

two months ago because the Swedish Academy postponed naming a winner last year due to internal turmoil connected with a sex abuse scandal.

The 2019 Nobel Literature winner, Peter Handke, has also brought controversy to the body because of widespread criticism of him as an apologist for Serbian war crimes during the 1990s. One Swedish Academy member said he is boycotting Nobel ceremonies this year in protest of Handke's selection and a member of the literature nominating committee has announced his resignation.

Handke jousted with journalists who were questioning his views at a Friday news conference, saying he preferred receiving soiled toilet paper to answering their questions. But his lecture on Saturday was contemplative, telling how his writing was first inspired by religious litanies he heard from a village church. He concluded by reciting a poem by the late Swedish Nobel laureate Tomas Transtomer in which an angel whispers "do not be afraid of being human."

The Nobel prizes in physics, chemistry, medicine, economic and literature are being presented Tuesday in the Swedish capital.

Earlier Saturday, several Nobel laureates in science spoke about climate change at their news conferences in Stockholm.

Didier Queloz, an astronomer who shares this year's Nobel physics prize for discovering a planet outside the Earth's solar system, said people who shrug off climate change on the grounds that humans will eventually leave for distant planets are wrong.

Melania Trump befriends 18-year-old former leukemia patient

first time Caoilinn McLane met Melania Trump she had no idea it wouldn't be the

Fighting leukemia from her bed at Children's National Hospital, Caoilinn McLane, then 15, met the first lady in 2017. Mrs. Trump had quietly visited the hospital to help with preparations for a "healing" garden that was being built for patients and their families.

They met again when the first lady returned weeks later to dedicate the rooftop garden.

And the pair saw each other Friday when McLane was given the honor of introducing Mrs. Trump when she returned to the hospital to continue the tradition of first ladies reading to patients at holiday time.

"I'm glad that we're here, and I get to see her again," McLane, now 18, told The Associated Press in a brief interview before the event as she sat with her mother, Libby

WASHINGTON (AP)—The McLane. The family lives in a year ago. Aldie, Virginia.

> At one point, when McLane suffered a relapse, she answered the telephone to find the first lady was on the line.

> "It was so special," she said. "I felt very cared for and it ... meant a lot that somebody was thinking about me."

> Libby McLane said the White House had reached out to her a couple of days in advance to set up the call. At the time, mother and daughter were spending a lot of time going back and forth between hospitals in the District of Columbia so the girl could get radiation treatments she needed to get ready for a bone marrow transplant.

> "So when the call was coming, I knew who it was and I let her answer it," Libby McLane said.

"I sort of freaked out," added Caoilinn McLane. The high school senior said her leukemia is in remission following a bone marrow transplant about

The first lady's office confirmed Caoilinn McLane's account of her interactions with Mrs. Trump.

The first lady has spent a lot of time visiting children in hospitals around the country, especially those born dependent on opioids. Her concern for Caoilinn McLane fits with her "Be Best" youth initiative and its focus on child well-being.

Libby McLane said the first lady has also sent messages through Children's National Hospital.

"She really is genuine and cares for the kids, and that's so special," Libby McLane said.

"I appreciate her interest in just following along and seeing how Caoilinn's doing and sending us well wishes," she said. "A lot of times, through the hospital, we'd get a little message that they had spoken to Mrs. Trump and she was asking how Caoilinn's doing."



Caoilinn McLane, who is a patient at Children's National Hospital, far right, listens next to author Todd Zimmerman as first lady Melania Trump reads a Christmas story to children including Sammie Burley, left of Trump, and Declan McCahan, Friday, Dec. 6, 2019, at Children's National Hospital in Washington. McLane introduced the first lady



Aaliyah

NEW YORK (AP)—Federal prosecutors are accusing singer R. Kelly of scheming with others to pay for a fake ID for an unnamed female a day before he married R&B singer Aaliyah, then 15 years old, in a secret ceremony in 1994.

The revised indictment, filed Thursday in New York, accuses Kelly of paying a bribe in exchange for a "fraudulent identification document" for someone identified only as "Jane Doe" on Aug. 30, 1994.

A day later, Kelly, then 27, married Aaliyah in a secret ceremony he arranged at a hotel in Chicago. The marriage was annulled months later because of her age. Aaliyah died in a plane crash in 2001 at age 22.

The U.S. attorney's office declined to comment about whom the fake ID was meant for, and the indictment didn't mention the wedding, but a person familiar with the investigation confirmed the "Jane Doe" was Aalivah. The person wasn't authorized to discuss details of the new charge and spoke on condition of anonymity.

The new charges mark the first time that Kelly's brief marriage to Aaliyah has been connected to any of the criminal cases against Kelly.

Kelly's attorney, Douglas Anton, called the latest charge against his client "ridiculous and absurd."

The Brooklyn prosecutors had already charged R. Kelly with racketeering, kidnapping, forced labor and sexual exploitation. They alleged he and his employees and assistants picked out women and girls at concerts and groomed them for sexual abuse.

The 52-year-old singer, who is being held without bond, is scheduled to stand trial in federal court in Chicago in April on child pornography and obstruction of justice charges before facing trial in Brooklyn. Kelly, whose given name is Robert Sylvester Kelly, was acquitted in 2008 on charges of videotaping himself having sex with

Kelly's attorneys have long maintained that he was unaware of Aaliyah's age when they married. The Illinois marriage license used for the wedding said she was 18.

a girl who prosecutors allege

was as young as 13.

The indictment didn't identify the person who was paid the bribe in order to get the fake ID, except to say that the person was a public employee.

Aaliyah, whose full name

was Aaliyah Dana Haughton, worked with Kelly, who wrote and produced her 1994 debut album, "Age Ain't Nothing But A Number.'

This combination photo shows singer R. Kelly after the

first day of jury selection in his child pornography trial

at the Cook County Criminal Courthouse in Chicago on

May 9, 2008, left, the late R&B singer and actress Aali-

yah during a photo shoot in New York on May 9, 2001.

Kelly was arrested in February on 10 counts in Illinois of sexually abusing three girls and a woman. He has pleaded not guilty to those charges.

Then on May 30, Cook County prosecutors in Illinois added 11 more sex-related counts involving one of the women who accused him of sexually abusing her when she was underage.

Then in July, in federal court in Chicago, the R&B singer was indicted on charges of child pornography and obstruction of justice, with prosecutors accusing him of paying off potential witnesses in his 2008 trial to get them to change their story.

Bloomberg: His news reporters need to accept restrictions

NEW YORK (AP)—Democratic presidential candidate Michael Bloomberg says employees at his news organization need to accept restrictions with their paycheck, including the ban on investigating their boss.

Bloomberg, billionaire founder of Bloomberg News, was asked in a CBS News interview about rules put in place when he announced his candidacy: The organization's reporters are not allowed to probe him and his finances, or any of his Democratic rivals.

Bloomberg News says the restriction does not apply to President Donald Trump as the government's leader. That prompted Trump's campaign to say it would not allow

Bloomberg reporters to cover its events.

"We just have to learn to live with some things," Bloomberg told CBS. His reporters "get a paycheck. But with your paycheck comes some restrictions and responsibilities."

He said that people have said to him, "how can you investigate yourself?' And I said, Ï don't think you can." He noted that Bloomberg News subscribers also get access to campaign news from The New York Times, Washington Post and Wall Street Journal.

With his comments, the former New York mayor "puts the journalists who work for him in an extremely uncomfortable, tenuous position,"

said Lynne Adrine, a Washington-based journalism professor for Syracuse University.

As the owner of Bloomberg News, which started in 1990, Bloomberg has the right to do as he wants, she said.

"Yet, I don't think that's the take-away journalism consumers need at this time," Adrine said.

Bloomberg reporter Mark Niquette is covering Bloomberg's campaign. On Friday, he posted a story about remarks Bloomberg made in the CBS interview, including about the news organization's policy. Earlier this week, he wrote about Bloomberg's campaign stop in Mississippi, where the candidate talked about his apology for New York City's stop-and-frisk policing tactics when he was mayor.

The Bloomberg company had no comment Friday on what the candidate said.

Kathleen Culver, a professor of journalism ethics at the University of Wisconsin in Madison, said she's concerned about the extent to which Bloomberg reporters feel intimidated about their boss' remarks.

Culver said she understands Bloomberg's reluctance to step fully away from the company he created, but he might want to look at ways to completely disassociate himself with Bloomberg News at this time.

Nobel laureate Handke strikes out at questioners

STOCKHOLM (AP)— Nobel Literature Prize laureate Peter Handke has lashed out against journalists asking about his views on the wars in former Yugoslavia.

Handke has been widely criticized as an apologist for Serbian war crimes during the conflict in Bosnia-Herzegovina.

In a news conference Friday ahead of next week's prize award ceremony, Handke bristled at questions about his writings on the wars in former Yugoslavia.

He concluded the testy meeting by saying that after the prize was announced, he had received a letter filled with soiled toilet paper "and I tell you ... I prefer toilet paper, the anonymous letter with toilet paper, to your empty and ignorant questions."

The choice of the Austrian novelist as this year's winner of the prestigious award prompted substantial criticism over his defense of Serbs' actions during the wars and for his speaking at the 2006 funeral of former Serbian leader Slobodan Milosevic, who died while facing trial for war crimes.

Protests are planned in the Swedish capital on Tuesday, the day the 9-million-kronor (\$948,000) prize is presented. Handke fended off a question at the news conference about what he could say to the protesters.

"Tell me—perhaps I need your advice," he parried.

The award also has roiled the Swedish Academy, which chooses the laureate from nominees selected by a committee. Academy member Peter Englund on Friday said he would boycott this year's Nobel ceremonies in protest of Handke's selection. A member of the nominating committee, Gun-Britt Sundstrom, earlier announced her resignation in protest.

The Swedish Academy is still trying to recover from a sex scandal that caused the awarding of the 2018 literature prize to be postponed until this year.

The 2018 winner, Olga Tokarczuk of Poland, has irked conservative forces in her homeland.

Netflix executive touts 'golden era' of streaming service

ALBUQUERQUE, N.M. (AP)—An executive with Netflix says the streaming giant has boosted its original content exponentially over the last several years and that will mean more action for its production hub in New Mexico, where state officials have been busy trying to woo more big partners in the industry.

Nick Maniatis, who ran the state's film office before going to work for Netflix, spoke to a group of hundreds of business leaders and elected officials who were gathered Thursday in Albuquerque. He described it as a "golden era," saying the amount of content that's out there is amazing.

"A year ago you could say all the major studios—take Disney, Warner Bros., Paramount, Fox, all of them combined—would do about 300 or 400 projects a year. This year, we will do 1,000 projects, just Netflix," he said.

The pace of production is showing no signs of slowing down as Disney and others are planning new products. Maniatis said that will surely lead to a dearth of sound stages.

That's where New Mexico is hoping to fill the void.

It's already home to Netflix's first U.S. production hub. The company partnered with the state and the city of Albuquerque in purchasing a studio

complex on the city's southern edge, pledging to invest \$1 billion in production in the state over the next decade. It has put more than \$2 million into renovating the studios so far and its offices there are expected to be complete by the end of the month.

'We have a lot more to bring to New Mexico," Maniastis said, teasing about some new developments. "I can't really tell you about it other than to say we're really pushing forward into the future with how production will be done. We've got some really innovate ways to do it and we're going to do a lot of that here in New Mexico."

The company also says it's on track with meeting spending and employment benchmarks promised as part of the partnership with the state. Netflix and state officials are planning to announce the progress in the coming weeks.

NBC Universal is in midst of turning a warehouse near downtown Albuquerque into a state-of-the art television and film studio. It has committed to spending \$500 million on productions in the state over the next decade.

Both NBC Universal and Netflix also plan to put money each vear toward film industry training initiatives.

Timberlake apologizes to wife for 'strong lapse in judgment'



remove tenor Vittorio Grigolo

NEW YORK (AP)—The Royal Opera in London and The Met in New York have removed tenor Vittorio Grigolo after an investigation found inappropriate and aggressive behavior at a curtain call.

A spokesperson for the Royal Opera said in a statement released Thursday that their investigation found his behavior "fell below the standards we expect of our staff and performers."

A statement from The Met said he would also not be performing there this season. following the Royal Opera's

investigation.

September after a Sept. 18 incident when he sang the title role in Gounod's "Faust" on tour in Tokyo. Details on what transpired were not included in either opera company's statement.

The statement said that ing for the role would be an-

Grigolo did not respond to an email sent by The AP for response.

NEW YORK (AP)—Justin Timberlake has publicly apologized to his actress-wife Jessica Biel days after he was seen holding hands with the co-star

In this Sept. 17, 2018 file photo Jessica Biel, left, and Justin Timberlake arrive at the 70th Primetime Emmy Awards in Los Angeles.

of his upcoming movie.

The pop star and actor wrote Wednesday on Instagram that he prefers to "stay away from gossip as much as I can, but for my family I feel it is important to address recent rumors that are hurting the people I love."

He then wrote that in the photos and video that went viral last month of him and actress Alisha Wainwright at

a New Orleans bar, he "displayed a strong lapse in judgment —but let me be clear nothing happened between me and my costar."

Timberlake says he "drank way too much that night and I regret my behavior. I should have known better. This is not the example I want to set for my son."

The 38-year-old Timber-

lake is filming the movie "Palmer" with Wainwright in New Orleans. He married Biel in 2012 and they have a son, four-year-old Silas.

Timberlake says that he's sorry to his "amazing wife and family for putting them through such an embarrassing situation, and I am focused on being the best husband and father I can be. This was not that."

Royal Opera, The Met in NY

The investigation started in

Grigolo would not return to perform in "Lucia Di Lammermoor" at the Royal Opera House in 2020 and new castnounced later.

Final album for slain rapper XXXTentacion drops in Miami

|MIAMI (AP)—Celebrities including Diplo, Playboi Carti and PnB Rock paid tribute to slain Florida rapper XXXTentacion during the week of parties surrounding Art Basel Miami.

Hundreds of fans gathered at a posthumous album release party Thursday night to be the first to hear XXXTentacion's Bad Vibes Forever. Lil Wayne, Rick Ross, Noah Cyrus and Tory Lanez appear on the album.

Some fans camped out for hours to ensure entrance to the party. At midnight, the album played as emotional videos of the slain rapper played on a screen behind the stage. XXXTentacion's mother stood onstage, hugging family and friends and occasionally dancing to the music. She said she was trying to stay positive.

Earlier in the night, Diplo took to the DJ booth as fans lined up for free tattoos and perused an outdoor museum filled with XXXTentacion memorabilia, including three wax statues, family photos and hand-written notes. The car that XXXTenta-

cion was last seen alive in was also on display. The 20-year-

old was gunned down while leaving a motorcycle shop in 2018. His sudden death shocked fans, many of whom unleashed praise for him. Others were more critical of the troubled rapper and pointed to his multiple arrests, including charges that he severely beat and abused his girlfriend.

Four suspects were arrested in connection with his death.

Weinstein accused of misusing ankle monitor; \$5M bail sought

NEW YORK (AP)—Harvey Weinstein violated his bail conditions by mishandling his electronic ankle monitor, which left his whereabouts unrecorded for hours at a time, a New York prosecutor argued Friday.

Prosecutor Joan Illuzzi made the claim at a pretrial hearing for Weinstein after he hobbled into court with what

his lawyer later described as a back ailment. Illuzi told a judge he had repeatedly violated his bail conditions by leaving home a piece of the monitoring technology that keeps the ankle bracelet activated.

"None of these violations were accidental," Illuzzi said while arguing that Weinstein's bail should be raised from \$1 million to \$5 million while he awaits trial next month on rape and assault charges.

Defense attorney Donna Rotunno denied it was anything deliberate, blaming "technical glitches" like dead batteries.

"It has nothing to do with any manipulation of the bracelet," Rotunno told reporters after leaving court. She acknowledged that on at least one occa-

Harvey Weinstein, center, leaves court following a bail hearing, Friday, Dec. 6, 2019 in New York.

sion, he'd forgotten part of the device when he left the house. "The minute he realized he forgot it, he made a phone call."

Asked about the health of her 67-year-old client, who

was walking with a limp, his tie loosened and one shoe untied, the lawyer responded: "This is tough on anybody. ... He has some back issues that we're hoping to address this week."

Guns N' Roses, Maroon 5, Khaled part of pre-Super Bowl shows

NEW YORK (AP)—Guns N' Roses, Maroon 5, DJ Khaled and DaBaby will bring the heat to Super Bowl week in Miami.

On Location Experiences announced the lineup for its second Bud Light Super Bowl Music Fest, to take place Jan.

30 through Feb. 1 at AmericanAirlines Arena in Miami.

DJ Khaled, who has collaborated with everyone from Jay-Z to Justin Bieber, will headline the EA SPORTS BOWL on Jan. 30. Khaled's performance will include some of his famous friends.

DaBaby, who had a huge hit this year with "Suge," will also perform at the show. Other performers will be announced later.

Guns N' Roses will headline on Jan. 31, while Maroon 5 and a special guest will perform at the Feb. 1.

DEAR ABBY

By ABIGAIL VAN BUREN UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Bu-



ren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

HURT IN THE WEST

DEAR HURT: This book club should not be your only social activity. Surely you have other interests, as these women do. If you felt a comment was made that caused you to feel unwelcome, the appropriate response would have been to say, "Would you please clarify that comment?" Or even, "My feelings are hurt. Why would you say that?"

more than one occasion, a comment was directed at me that I

am not welcomed. I have been told, "Don't take it personally."

name and mailing address, plus check or money order for \$8 (U.S. funds) to: Dear Abby - Letter Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price.

Oldest employee gets more night shifts than colleagues

EAR ABBY: I work in a small office with five other people. Due to the nature of our business, we work various shifts throughout the day. I am the oldest employee, and when it comes to our schedule, I feel discriminated against. I usually get four

night shift and the rest daytime shifts. The lead technician is the one who arranges our schedule. If I ask her about it. she tells me she has no one else or some similar excuse when I know she easily can change things to make it more fair. I am not one of her "buddies," probably because I'm at least 20 years older than the rest.

night shifts and one day shift a week. Everyone else gets one

I just get very frustrated every time I see my new schedule. Even the part-time people get better hours than I do. Is this discrimination?

WONDERING IN IOWA

DEAR WONDERING: Did you fill out a form listing your availability as open or flexible? If so, modify it. If you truly feel you are being discriminated against because of vour age, talk to vour supervisor's boss about it. And if things are not made more equitable, consider reporting it to the Equal Employment Opportunity Commission (EEOC).

DEAR ABBY: I am asking for advice about our daughtersin-law. We have two sons whose wives want to spend every holiday with their parents, period. No alternating holidays. This means my husband and I spend the holidays alone, then "get" to have a get-together at a date and time convenient for them.

I know our sons are partly at fault, but they are trying to keep peace in their lives. Any suggestions would be appreciated. One daughter-in-law used the excuse that her grandfather is 99 and may not be around forever, to which I replied that I'm 70 and NONE of us know how long we have.

We raised our daughter to respect her in-laws as well as us, and she alternates holidays. Please help with this, Abby.

MISSING OUT IN TEXAS

DEAR MISSING OUT: This happens in many families. I wish I could wave a magic wand and turn your daughters- Should I? How do I address this? in-law into less-insensitive, more-caring people, but I can't. Your sons are more than "partly" at fault for not insisting on fairness. Because they're not assertive, the most pragmatic suggestion I can offer is that you make plans of your own for the holidays that don't include them—the nicest your budget allows.

DEAR ABBY: Please do not reveal my location if you print this. I live in a small town and am part of a club that meets monthly. We are less than a dozen gals who discuss a book or To order "How to Write Letters for All Occasions," send your politics. I know they all socialize with each other. With one exception, I have never been invited.

That said, we have different interests outside the club. They are smart, fun, loving women. However, I have felt that on **22** MONDAY, DECEMBER 9, 2019 SAIPAN TRIBUNE

Pastimes

Calvin and Hobbes

WHAT ARE YOU DOING STILL IN BED ?! I'VE CALLED YOU THAT'S THE IDEA. I'M I'VE CALLED YOU THREE TIMES! CHRISTMAS. I WANT TONS OF LOOT THIS YEAR, AND I I WANT TONS FIGURE MY CHANCES OF BEING GOOD IMPROVE GREATLY IF I DON'T GET UP.





By Bill Waterson

Garfield_®







By Jim Davis

Adam@home

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CELEBRITIES BORN ON THIS DAY: Fe-

licity Huffman, 57; Donny Osmond, 62; Beau

Happy Birthday: Take time to rethink some of

your expenditures and decisions, and strategize

how to make improvements that will bring you

greater stability personally, emotionally and finan-

cially. Take an ambitious leap forward, and aim to

eliminate debt and find peace of mind in living a

simpler lifestyle with less clutter, temptation and

wasted time. Make wise decisions and changes.

time to observe and to consider the outcome of

whatever move you decide on will help you avoid

suggestions. A chance to spend time with someone

who makes you laugh and puts you at ease will en-

ARIES (March 21-April 19): Listen, di-

gest what you hear and say little until you

feel confident moving forward. Taking

TAURUS (April 20-May 20): Personal

gain is doable. An update to the way you

look will lead to compliments and positive

Your numbers are 6, 8, 19, 25, 31, 43, 48.

making a mistake. 🏵 🏖

Bridges, 78; Dame Judi Dench, 85.

By Bryan Basset

The Duplex







By Glenn McCoy

CROSSW	ORD	By Eug	gene Sheffer
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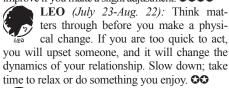
46 Badmin-

barrie

hance your emotional well-being. GEMINI (May 21-June 20): Know what you are up against before you get started. Handle money matters, health issues and contracts carefully but in a timely manner. Don't leave something for tomorrow that needs to be done today. Don't trust anyone else to look out for your interests.



CANCER (June 21-July 22): Put your energy to good use. Concentrate on what you want to accomplish. Stop worrying and start doing. Don't fight change; whatever you are dreading will turn out better than anticipated. A relationship will improve if you make a slight adjustment. ••••



VIRGO (Aug. 23-Sept. 22): Look over your options, talk to someone you trust and prepare to make a change that will encourage better relationships with your peers, children or partner. A day trip, interview or presentation is favored. Romance is on the rise. **QQQQQ**

LIBRA (Sept. 23-Oct. 22): Keep an open mind as well as a tight budget when it comes to home improvements or joint money ventures. Too much of anything will end up working against you. Refuse to let anyone emotionally manipulate you or take you for granted. •••

SCORPIO (Oct. 23-Nov. 21): Voice how you feel and what you want to happen. The truth will get you a lot further ahead when it comes to getting what you want. Share your vision, how you plan to achieve your goal and what your intentions are. **OOO**

SAGITTARIUS (Nov. 22-Dec. 21): Refuse to be pushed in a direction that is costly or more likely to benefit someone else.

Practicality will be in your best interest. Look at the big picture moving forward, and find a way to simplify your life. OOO

EUGENIA

THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): Make changes at home that will please all those who reside there or visit. Putting in a little extra effort to add to your comfort and joy over the festive season will get you in the spirit. 20000

AQUARIUS (Jan. 20-Feb. 18): Don't divulge a surprise you've been planning, even if someone causes you grief. Use intelligence, and you'll discover an innovative way to keep the peace. A change regarding how you earn your living will turn out better than anticipated. ��

PISCES (Feb. 19-March 20): Get together with someone you have worked with in the past, and a new opportunity will come your way. Listen carefully, ask questions and gather facts. Put in the time, and you'll reap the rewards. Update your appearance. OOOO

Birthday Baby: You are brave, enthusiastic and passionate. You are industrious and secretive.

Visit Eugenialast.com, or join Eugenia on Twitter/Facebook/LinkedIn.

HOW TO PLAY: All the words listed below appear in the puzzle

zontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

N C E N E R S E L R A H C Q (R)

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O C Y A W E H T L L (A) G N

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Solution: 10 letter

Conceptis Sudoku

By Dave Green

12/09

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Difficulty Level *

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

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Difficu	Difficulty Level ★★★★ (2-07)								

WONDERWORD

CELINE DION'S WORLD TOUR

ΙU

Albany, All By Myself, All the Way, Ashes, Atlanta, Canadian, Charlemagne, Charles, Claudette, Courage, Eddy, Fargo, Glendale, Glory, Hits, Houston, I'm Alive, Le Mirage, London, Memphis, Miami, Montreal, My Heart Will Go On, Nelson, Newark, Ottawa, Power of Love, Raleigh, René, Road, Shows, Singer, Songs, Tacoma, Thérèse, Toronto, Tour, Unison Last Friday's Answer: Collections

Purchase WONDERWORD books in time for the holidays! Visit WonderWordBooks.com or call 1-800-642-6480.



Last Friday's Answer

STUMPED?

For answers to today's crossword, call **1-900-226-5955!** 99¢ per minute, touchtone/rotary phones. (18+ only.) A King Features service, NYC.

SAIPAN TRIBUNE MONDAY, DECEMBER 9, 2019 **23**

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Attorney at Law
Plata Drive, Whispering Palms (Chalan Kiya)
P.O. Box 7862 SVRB Saipan, MP 96950

Tel: (670) 285-3750 Fax. (670) 234-5749

IN THE SUPERIOR COURT FOR THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

Civil Action No. 19-0358-CV

IN THE MATTER OF THE ESTATE

NOTICE OF HEARING ON VERIFIED PETITION FOR LETTERS OF ADMINISTRATION AND APPOINTMENT OF ADMINISTRATOR; and

NOTICE TO CREDITORS

CRISTIN

DUENAS

Judge: Joseph N. Camacho Date: December 19, 2019 Time: 10:00 A.M.

Courtroom: Guma' Hustisia, Civic Center, Saipan, CNM TO: THE GENERAL PUBLIC, ANY HEIRS, CLAIMANTS, OR CREDITORS OF THE LATE CRISTIN CABRERA DUENAS OR HIS ESTATE

NOTICE IS HEREBY GIVEN that Petitioner, Joshua Santos Duenas, has petitioned the Superior Court of the Commonwealth of the Northern Mariana Islands to issue Letters of Administration for the **Estate of** Cristin Cabrera Duenas, Decedent. The attorney for Petitioner is Oliver Manalang Manglona, Attorney at Law, whose address is Plata Drive, Chalan Kiya, P.O. Box 7862 SVRB, Saipan, MP

Posson Nya, r.U. box Pob2 Svinb, Satpan, mr 96950.

The hearing on the Petition for Letters of Administration by Joshua Santos Duenas, as Petitioner, is scheduled to be heard on December 19, 2019 at 10:00 A.M., at the Superior Court for the Commonwealth of the Northern Mariana Islands, Gumd Hustisia, Civic Center, Saipan, Commonwealth of the Northern Marianal Islands. All Interested persons or entities should appear at this hearing.

Any and all persons, creditors, or entities having claims against the Decedent or his Estate are hereby required by law to file their claims with the Clerk of Court within Sixty (60) days of the first publication, or the claim(s) will be barred. A copy of your claim should also be sent to OLIVER M. MANGLONA, Attorney at Law, at the address herein-above indicated.

Dated this 2nd day of December, 2019.

/s/ CLERK OF COURT/DEPUTY CLERK OF COURT

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Nats can't afford both Strasburg, Rendon



WASHING-TON—The Nationals have

a long and well-documented history of working out deals with agent Scott Boras. Max Scherzer, Jayson Werth, Bryce Harper and Matt Wieters are just a few of his clients who've signed with Washington in the past.

But that longstanding relationship may be tested this offseason, with Boras' prized free agents Stephen Strasburg and Anthony Rendon both on the open market. Principal owner Mark Lerner admitted that the team doesn't expect to retain both its former stars.

"We really can only afford to have one of those two guys," Lerner said. "They're huge numbers. We already have a really large payroll to begin with."

Boras spoke with The Athletic shortly thereafter and didn't agree with the notion that Washington was strapped financially.

"The Nationals are experiencing a revenue festival in 2020," Boras texted Ken Rosenthal on Friday morning. "World Series momentum has blossomed, millions in DC.

"The franchise value has increased by nearly \$2 billion since their purchase. The Nationals made an extra \$30 million winning the World Series. Attendance will increase by more than four to five hundred thousand. TV ratings and advertising rates all skyrocketed.

"Everyone in DC knows special cherry trees create revenue bloom."

Rosenthal noted that Boras may have overstated the value of the Nationals' franchise, as Forbes pegged it at \$1.75 billion entering the season. The Lerner family purchased the team from Major League Baseball in 2006 for \$450 million.

Nationals President of Baseball Operations Mike Rizzo spoke with reporters at the premiere of the World Series documentary on Monday, saying both free agents "know where our heart lies." Rizzo added that while team officials haven't sat down with either of them so far this winter, "we've been meeting for about 10 years.

Whether Lerner was just using a negotiating tactic to drive the prices down or speaking bluntly on the team's budget remains to be seen, but the prospects of either player returning to D.C. won't be nil until they've both inked new deals.

In other developments, postseason star Howie Kendrick and the World Series champion Washington Nationals agreed to a \$6.25 million, one-year contract, according



to two people with knowledge of the negotiations.

Speaking on condition of anonymity Friday because the deal was still pending a successful physical exam, the people confirmed to The Associated Press that an agreement was in place for Kendrick to return to Washington for what will be his 15th season in the majors.

One of the people said the contract includes a mutual option for 2021.

The 36-year-old Kendrick,

who was a free agent, provides Washington with a middle-of-the-order bat and some flexibility in the field. He primarily plays at first base now, but started games at every infield position except shortstop

The righty batter hit .344 with 17 homers and 62 RBIs in 121 regular-season games before all of his postseason contributions provided some real pop in the postseason. He hit a tiebreaking grand slam off Joe Kelly in the 10th inning

of Game 5 of the NL Division Series to lead the Nationals to a 7-3 victory over the Los Angeles Dodgers.

Meanwhile, a year after the Phillies signed Bryce Harper away from the Nationals with a 13-year \$330 million contract, it appears they're planning to go after another one of their star position players.

According to Bob Nightengale, the Phillies plan to 'strongly pursue' Rendon in free agency with Josh Donaldson as their backup plan at third base.

The Phillies have yet to meet face-to-face with Rendon according to the report.

Rendon is expected to sign a contract close to the eight-year \$260 million deal Nolan Arenado signed with the Rockies a year ago. The Phillies signed Zach Wheeler to a five-year \$118 million contract earlier this week, and signing Rendon would likely vault them into the luxury tax.

According to Nightengale, their owner John Middleton's

In this Sept. 28, 2019 file photo, Washington Nationals third baseman Anthony Rendon throws to first to get out Cleveland Indians' Jordan Luplow during the first inning of a baseball game in Washington.

aggressiveness in free agency has not been deterred by that

If Rendon signs elsewhere, say the Rangers or Dodgers, Philly's backup plan of Donaldson would pit them against the Nationals once again. Washington is reportedly eyeing Donaldson as well if they don't bring back Rendon.

The Winter Meetings begin in just a few days and as division rivals like the Braves and Phillies make moves to go after the Nationals next season, the defending champs will have to maneuver their free-agent negotiations with seemingly more budgetary restrictions.

Cards 'entering the fray' to pursue Bumgarner

With the Winter Meetings rapidly approaching, MLB free agency is heating up.

One of the top available pitchers-Madison Bumgarner-is expected to be in high demand, particularly now that Cole Hamels has signed with the Braves and Zack Wheeler reportedly has agreed to a five-year contract with the Phillies. For teams who scoff at Gerrit Cole's price tag, Bumgarner might be the logical compromise.

The Giants have been "in communication" Bumgarner, but rumor has it another interested team has entered the mix.

MLB.com's Mark Feinsand reported Thursday that the St. Louis Cardinals have been linked to Bumgarner, citing a

St. Louis already has brought back veteran Adam Wainwright on a one-vear deal, and after he, Jack Flaherty, Miles Mikolas and Dakota Hudson, there appears to be an opening for Bumgarner in the starting rotation. Signing with the Cardinals would not only allow Bumgarner to continue pitching in the National League, but would also allow him to continue taking his own at-bats, which we know he loves so much. He also has been linked to teams such as the Twins and White Sox, but would forfeit his at-bats to a DH in each of those situations.

While Bumgarner is expected to receive a contract in excess of \$100 million, Feinsand suggests Wheeler's reported \$118 million payday might serve to increase the total

Yankees ready to offer record-setting deal to Cole

selves, Red Sox fans. The New York Yankees appear to be all-in on Gerrit Cole.

Cole, the premier freeagent pitcher on the market, is the Yankees' top offseason priority according to ESPN's Jeff Passan Passan notes ownership has given the goahead to offer the right-hander a record-setting deal.

If the Yankees hope to sign Cole, however, they'll have to win a bidding war against both Los Angeles clubs.

New York and the Los Angeles Angels, a team similarly smitten with Cole and in even greater need of pitching than the Yankees, are preparing for a bidding war that executives expect will reach well beyond \$250 million, according to sources. The Los Angeles Dodgers' interest in Cole

NEW YORK—Brace your- is acute as well, though they are also considering bids for right-hander Stephen Strasburg and third baseman Anthony Rendon, sources added.

Cashman confirms meeting

While Brian Cashman was descending the outside of a Severino, Masahiro Tanaka, building Friday, the New York Yankees' general manager came across a message taped to a 10th-floor window from a fan: Please sign Gerrit Cole.

Cashman, whose rappelling adventure has become a holiday tradition, confirmed he met with Cole in California on Tuesday and spoke with freeagent pitcher Stephen Strasburg the following day.

"It was a great opportunity, clearly it was very public, that we met with Gerrit Cole and Strasburg while I was on the West Coast," Cashman said. "At least, that's who you all are aware of so far. Who knows who I met with?

Cole and Strasburg are the top pitchers on the free-agent market. The Yankees would like to add an ace to a rotation that already includes Luis James Paxton and J.A. Happ.

Along with Cashman, assistant general manager Mike Fischman, manager Aaron Boone, new Yankees pitching coach Matt Blake and former Yankee pitcher Andy Pettitte made the trip to speak with both pitchers, who are represented by Scott Boras.

Cashman offered little about possibly signing either player, declining to discuss how much the Yankees might spend.

"I think it was an important part of the process for them,"

Cashman said. "It sounds like they have met with many teams, and obviously I can't predict the future or the timing of their futures, only really they control that."

Cole was 20-5 with an ALbest 2.50 ERA and a big leaguehigh 326 strikeouts this year for the AL champion Houston Astros He was drafted by the Yankees 28th overall in 2008 but declined to sign and headed to college at UCLA.

Strasburg was the MVP of the World Series for the Washington Nationals and was the organization's first overall pick in the 2009 draft.

Cashman will return to California for the baseball's winter meetings, which begin Monday. First, he'll attend Sunday's Heights and Lights, where he will dress as an elf and again descend the Landmark Building.

Luka scores 28 in 26 minutes, Mavs rout Pelicans

DALLAS (AP)— With Kristaps Porzingis joining Luka Doncic in the Dallas lineup this season, the Mavericks expected to be better. But Boban Marjanovic?

Doncic scored 28 points in 26 minutes, Porzingis had 13 points and the 1,500th rebound of his career and Marjanovic had season highs of 15 points and 16 rebounds to help Dallas rout the New Orleans Pelicans 130-84 on Saturday. Doncic also had nine assists and six rebounds

Dallas led 64-52 at halftime. Doncic already had 20 points, and Marjanovic scored 11 points, nine in the second quarter.

"(Marjanovic) did a great job," coach Rick Carlisle said. "The group in the second quarter really did a good job of giving us a 10-point lead. He was a big part of it, getting it to him with a smaller guy on him. He was doing a lot of damage."

The Pelicans didn't get within 10 points in the second half.

"The rest of the game was just a formality," Porzingis said.

Last season, Doncic was the NBA's rookie of the year and Porzingis was injured and didn't play after being acquired in a trade with the New York Knicks.

Marjanovic, a 7-foot-4 Serbian, played for two teams before taking a 50% pay cut to sign with Dallas as a free agent. He was a force against the undersized Pelicans.

"When they elected to use (Jahlil) Okafor, that was an opportunity for us to use Boban," Carlisle said. "It's hard to use him against guys like (Jaxson) Hayes because of the quickness and shooting."

Porzingis and his teammates were happy for Marjanovic.

"Can't stop Bobie," Porzingis said. "He played great on the boards. He's so big, so strong. Once he gets the ball in the paint, they can't do much

BAHAMAS—Henrik Sten-

out there."

Marjanovic energized the crowd and his teammates.

"When you hear (the crowd) cheering for you, basically you warm up your body so fast. Blood keep going through the body, and you're not too tight anymore."

The 46-point margin was two shy of Dallas' season high against Golden State.

Dallas has won five in a row to improve to 18-8. The Mavericks have won 10 of 11 for the first time since winning their only NBA championship in 2010-11.

New Orleans has lost eight

"A poorly played game, a poorly coached game," Pelicans coach Alvin Gentry said.

Doncic, Porzingis and the other starters didn't play in the fourth quarter after the Mavericks ran up a 38-point lead at 104-66.

Tim Hardaway Jr. scored 14 points.

Off the bench, Jalen Brunson scored 14 on 6-for-6 shooting and Seth Curry had 11.

J.J. Redick led New Orleans with 15 points. Brandon Ingram and Jrue Holiday scored 14 each and Hayes had 11.

Pacers 104, Knicks 103

In New York, Julius Randle missed a free throw with 0.1 seconds left, sending the host to a loss to the Indiana Pacers in the Knicks' first game since firing coach David Fizdale.

The Knicks were much more competitive under interim coach Mike Miller than they had been in recent games under Fizdale, who was fired Friday. They chased after rebounds and loose balls throughout the fourth quarter, erasing an 11-point deficit and giving themselves a shot at overtime when Randle was fouled while trying to put back the rebound of a scramble.

He calmly made the first 37 in their last two games unhit his second career 3-pointer



to a ninth straight loss and a 4-19 record.

T.J. Warren scored 25 points and Domantas Sabonis had 19 points and 15 rebounds for the Pacers. They bounced back from a loss at Detroit on Friday.

The Knicks lost by 44 and

The Knicks offered no details about the decision in their press release announcing the firing, and team executives didn't speak Saturday.

76ers 141, **Cavaliers 94**

In Philadelphia, Ben Simmons

need Joel Embiid's help to rout Cleveland.

Simmons made 12 of 14 field goals, including his only 3-point attempt, and hit 9 of 12 free throws to help Philadelphia improve to 11-0 at home.

Embiid sat out with a left hip contusion.

Darius Garland had 17

Dallas Mavericks forward Luka Doncic (77) shoots the ball as New Orleans Pelicans guard Kenrich Williams (34) defends during the first quarter of an NBA game Saturday, Dec. 7, 2019 in Dallas.

points for the Cavaliers, who have lost six in a row and 12 of 13.

Rockets 115, Suns 109

In Houston, James Harden scored 18 of his 34 points in the fourth quarter and Ben McLemore added 27 points to help the Rockets outlast Phoenix.

Harden had a tough shooting night through three quarters and was 5 of 19 overall and 1 of 10 on 3s with 16 points before getting going in the fourth. The game was tied with about 7 minutes left, and he scored all of Houston's points in a 13-6 run that made it 102-95.

Russell Westbrook had 24 points, 14 rebounds and 11 assists for his third straight triple-double and sixth this season. Harden finished 8 of 27, 3 of 17 on 3s and made 15 of 18 free throws.

Devin Booker led the Suns with 35 points.

Jazz 126, Grizzlies 112

In Salt Lake City, Donovan Mitchell scored 22 points and Jeff Green matched his season high with 19 points off the bench, leading Utah over

Rudy Gobert had 19 points, 11 rebounds and a season-high five assists, and Joe Ingles had a season-high 10 assists and 12 points. Bojan Bogdanovic added 19 points for the Jazz.

Utah shot 57% from the field and went 19 of 34 from 3-point range.

Jaren Jackson Jr. scored 26 points and Jae Crowder added 13 for the Grizzlies. Memphis lost despite forcing 22 turnovers and shooting 53% from the field.

Stenson wins at Hero as Woods fades

son displayed the kind of steady golf on Saturday in the Bahamas that validates his position as one of the top players in the world. The Swede effectively sealed his Hero World Challenge victory on the 15th hole when he nestled a 5-wood from 259 yards right next to the hole for

From there, no one could catch the 43-year-old Stenson on his way to his first win since the 2017 Wyndham Championship.

a tap-in eagle.

Stenson was one of the oldest players in the 18-man Hero field, but strength and stamina were no issue at Albany Golf Club. He started the day one

managed to stay one shot ahead of Jon Rahm, the defending champion in this event.

"I found some good momentum after the tournament was finished in Dubai," Stenson said of the European Tour finale, where he was T-44. "Sometimes just keep on working hard and grinding it out, I came in with a better feeling. Confidence can still be a little higher at times. But I'm really happy with the way I hung in there on the back nine."

A handful of players moved

shot behind Gary Woodland, in and out of the lead on a sastrous," he said. "I've been a tie for seventh. but overtook him with a final- sunny Saturday afternoon. top 10 in the world for five or It was a disastrous start for round 66. At 18 under, Stenson Stenson saved par at Nos. 11 six years straight, and that's Woodland, the reigning U.S. and 14, which was crucial in setting him up to take the lead when he made WORLD CHALLENGE the eagle at No. 15.

"The shot of the day," Stenson said.

Stenson has spoken about his position in the Official World Golf Ranking falling off lately. He is currently No. 40 in the world. The Hero title should give him a boost of confidence there, too. It seemed to have set in second after he stepped off the 18th green.

"It's down but it's not di-

where I want to be. I feel like

I'm playing to my potential. I can certainly compete with the best and I guess I showed that once again."

One of the most interesting storylines to play out on Saturday happened in the final group right next to Stenson. Woodland started the day with a one-shot lead but assembled quite a colorful scorecard in the final round. Ultimately, Woodland's closing 73 dropped him to 12 under and

Open champion. He went bogey, double bogey, bogey on Nos. 2-4. He birdied No. 7, nearly chipped in for another at No. 8, then plugged his approach at No. 9 in a penalty area. He blasted it out and chipped in from a sidehill lie to save bogey.

After a 4-over 40 on the front nine, Woodland came home in 33, which will undoubtedly make the flight to Australia for the Presidents Cup a little more pleasant.

Woodland was one of 10

players in the Hero field about "to be locked up in a tin can for 23 hours," as playing captain Tiger Woods put it in his post-round interview.

Woods held the solo lead briefly on Saturday afternoon, but an even-par back nine for a 3-under 69 wasn't enough to win his own tournament. Woods finished at 14 under and four shots out of it.

"I had my chances. I didn't make a lot of putts or a lot of birdies on the weekend. I certainly had a lot of good opportunities to put the ball in there close from where I drove it, and I just didn't hit it quite close enough. And consequently, I ended up short [of winning]," Wood said.

Chiefs head into Pats showdown with ground game in flux



CITY, Mo.
(AP)—The
Kansas City
Chiefs will head

into arguably their biggest game of the season Sunday in New England with the very real possibility that their leading rusher could be a running back that joined the team just a few days ago.

Not that it seems to make much difference for them.

For all the high-flying, record-setting performances by quarterback Patrick Mahomes and the Kansas City offense, the one thing that has been missing for the better part of two years is a consistent ground game. The Chiefs have cycled through numerous running backs, tried wide receivers on jet sweeps and end-arounds, and even utilized Mahomes on scrambles and bootlegs, all with the same underwhelming results.

Now, the Chiefs visit the Patriots in a rematch of their riveting AFC championship game without two of their leading rushers, Damien Williams and Darrel Williams, and Spencer Ware back in the fold after signing earlier this week.

"They all practiced and took rotation in there," Chiefs coach Andy Reid said. "I can tell you we're comfortable with any of them playing. We're going to see how it goes once the game gets going."

That is basically the approach the Chiefs have taken all season.

Without a running back such as Saquon Barkely or Ezekiel Elliott, the Chiefs have fully embraced the committee approach. They've had five different leading rushers through their first 13 games, including Mahomes in a win over the Chargers in Mexico City. It was Darwin Thompson, a sixth-round pick, who



led them last week against the Raiders by piling up yardage in the fourth quarter, when the Chiefs were salting away an important AFC West victory.

The Chiefs have had only one running back eclipse 100 yards in a game -- Damien Williams ran for 125 against the Vikings. But even that performance came with an asterisk: He gained 91 yards on one spectacular touchdown run.

Offensive coordinator Eric Bieniemy insisted this week the Chiefs are comfortable with anybody they put in the backfield, in part because of the guy handing off the ball.

The Chiefs run plenty of runpass options, so it falls upon Mahomes to decide whether the running back is going to get the handoff. And that means it falls on the reigning league MVP to decide whether McCoy, Thompson and Ware will have much success against the Patriots.

It's certainly a unique trio to take into a game.

McCoy could be headed for the Hall of Fame after a spectacular career spent mostly with Buffalo. He signed with the Chiefs just before the season and has led them in rushing six times, but he's also had a couple of fumble problems and didn't have a single carry against the Colts. The Chiefs are also trying to limit the wear and tear on his 31-year-old body so that he's healthy for the stretch run, and that has meant fewer carries the past few weeks.

Thompson showed in training camp what he can do when the ball is in his hands. But the former Utah State standout needed time not only to learn the Chiefs offense but sharpen his skills when the ball is not in his hands: pass protection, picking up blitzes, reading coverages and running routes in the passing game.

It came together in the

fourth quarter against Oakland last week, when Damien Williams was inactive with a rib injury and Darrel Williams had left with a hamstring that put him on injured reserve this week. Thompson wound up carrying 11 times for 44 yards and reached the end zone for the first time in his NFL career -- then he dropped the ball in the end zone, forgot about it, and was thankful fullback An-

"I like to think that I'm one of the official presidents of the Short Running Back Club. So with (5-foot-8) Darwin being in that Short Running Back Club, obviously I have high expectations of him," Bieniemy said. "He has a dynamic personality and has great work ethic. So yes, he will be given an opportunity at some point."

thony Sherman grabbed it for

a keepsake.

So will Ware, who spent several years with the Chiefs but went unsigned this season. The Chiefs' spate of injuries forced them to bring in another body, though, and Ware's familiarity with the offense made him a natural fit.

"Spencer is real smart. The retention part wasn't really a big deal," Reid said. "He picked up right where he left off. It was just a matter of getting the legs going and getting back in the swing of things."

The Chiefs still harbor hopes of winning the No. 1 seed in the AFC, and with it a first-round bye and homefield advantage throughout the playoffs. But winning at

Kansas City Chiefs linebacker Damien Wilson (54) and defensive tackle Derrick Nnadi, bottom, tackle Oakland Raiders running back Josh Jacobs (28) during the first half of an NFL game in Kansas City, Mo., Sunday, Dec. 1, 2019.

New England on Sunday is essential, and cold weather combined with the Patriots' second-ranked pass defense means a successful ground game could be imperative.

Whoever happens to be carrying the ball for the Chiefs.

Jets' Bell out

Jets running back Le'Veon Bell has been ruled out for New York's game against the Miami Dolphins on Sunday because of an illness.

Bell practiced fully on Wednesday, but then sat out Thursday and Friday. He was listed Friday as questionable for the game after being sent home to rest. The team announced Saturday that Bell would not play.

The Jets will be without a few other starters against Miami. Cornerback Brian Poole was already ruled out with a concussion, and safety Jamal Adams is listed as doubtful and unlikely to play with a sprained left ankle. Cornerback Arthur Maulet, who started the last four games, is also doubtful with a strained right calf.

With Bell sidelined, Bilal Powell and Ty Montgomery are expected to assume most of the carries out of the backfield for the Jets. Josh Adams could also see some snaps against the Dolphins.

Powell is ninth on the Jets' career rushing list with 3,571 yards and needs only 19 to pass Bill Mathis for eighth.

This will mark the first game Bell will miss this season, his first with the Jets after sitting out last year in a contract dispute with Pittsburgh. Bell, who signed a four-year, \$52 million contract with New York in March that included \$35 million guaranteed, has not put up his usual spectacular statistics this season as the Jets' offense has struggled with consistency under Adam Gase.

The 27-year-old Bell is averaging a career-low 3.2 yards per carry and hasn't had a game in which he has run for more than 70 yards. He has 589 yards and three touchdowns on the ground, and 55 catches for 403 yards and a score.

Powell, the team's longesttenured player, has rushed for 125 yards on 32 carries and caught four passes for 14 yards in limited action while playing behind Bell. He was a fourthround draft pick in 2011.

Wozniacki to retire after Australian Open



A U S T R A L I A (AP)—Former No. 1 and 2018 Australian Open cham-

pion Caroline Wozniacki will retire from professional tennis after competing in Melbourne next year.

The 29-year-old from Denmark wrote in an Instagram post on Friday that she wants to start a family with her husband, former NBA player David Lee, and work to raise awareness about rheumatoid arthritis.

Wozniacki said her decision to stop playing "has nothing to do with my health." She announced in October 2018 that she has rheumatoid arthritis, an autoimmune condition that can cause pain and swelling in

the wrist and other joints.

"I've always told myself, when the time comes, that there are things away from tennis that I want to do more, then it's time to be done," Wozniacki wrote. "In recent months, I've realized that there is a lot more in life that I'd like to accomplish off the court."

She is currently ranked No. 37 after going 20-15 without a singles title in 2019.

Coached for much of her career by her father, Piotr, a former professional soccer player, Wozniacki used tremendous court coverage—she ran in the New York City Marathon—and uncanny ability to get back shot after shot from opponents in a counter-punching style to

win 30 WTA titles, including the season-ending tour championships in 2017.

She also reached three Grand Slam finals.

At just 19, Wozniacki was the runner-up to Kim Clijsters at the 2009 U.S. Open, then again was the runnerup at Flushing Meadows in 2014 to her good friend Serena Williams.

Wozniacki claimed her first major championship in her third such final, and 43rd appearance in a Grand Slam tournament, at last year's Australian Open. She beat Simona Halep in a three-set final to return to the top of the rankings after a six-year absence, a record.

As someone who had played so well, for so long,

without ever quite claiming one of her sport's most important trophies until then, Wozniacki was thrilled to set aside all of the questions about whether she ever would win a major title.

She has earned more than \$35 million in prize money—along with millions more in endorsements—and owns a win-loss record of 630-262. She spent 71 weeks at No. 1 in the WTA rankings and competed in three Olympics, carrying the flag for Denmark at the opening ceremony for the 2016 Rio de Janeiro Games.

"I've accomplished everything I could ever dream of on the court," she wrote.

The Australian Open begins on Jan. 20.

By KIMBERLY A. BAUTISTA

Shirley's Coffee Shop and IT&E downed their respective foes in the United Filipino
Organization and IT&E 2019 Open and Master 5 Basketball League last Thursday at the Gilbert C. Ada Gymnasium.

In the Open Division game, Shirley's eased past Saipan Vegas, 98-70, while IT&E topped Pacific Marine, 71-54, in the Masters Division match.

Both Shirley's and IT&E managed to earn double-digit margins after pulling away in the third quarter.

Ahead by only 7 after the first half, 41-34, Shirley's opened a 72-48 lead going into the fourth quarter after getting contributions from young guns Jack Aranda, Matt Duenas, and Greg

Shirley's, IT&E top opponents

Sablan in the third period. Aranda scored 9 points in the pivotal third frame, while Sablan and Duenas added 8 and 7 markers, respectively.

Shirley's continued to pile up points in the fourth quarter to keep its big margin, 98-70, as Sablan and Duenas were still on target, logging 8 markers apiece in the final canto.

Duenas finished with a game-high 23 points, while Aranda chipped in 21, and Sablan registered 19.

Brian Natividad led Saipan Vegas' losing cause with his 21 points.

Meanwhile, in the Masters



Division game, Sonny Lerio Duenas 23, Aranda 21, Sablan scored 9 of his 19 points in the third quarter, turning a 36-27 halftime lead for IT&E into a 58-39 advantage, going into the fourth period.

IT&E maintained its safe distance for a winning debut in the league.

First Game

Shirley's Coffee Shop 98—

CONTRIBUTED PHOTO Shirley's Coffee Shop's Matt Duenas, third left, receives the Best Player of the Game prize and is joined in the group photo by organizers of the United Filipino Organization and IT&E 2019 Open and Master Basketball League last Thursday at the Gilbert C. Ada Gymnasium.

19, Jugos 15, Mendiola 11, Palma 5, George 2.

Saipan Vegas 70—Natividad 21, Cristobal 13, Galarse 10, Usi 7, Tenepere 7, Sahagun 7, Del Castillo 5.

Scoring by quarters: 21-13, 41-34, 72-48, 98-70.

Second Game

IT&E 71—Tenorio 19, Lerio 15, Joyner 8, Poquiz 7, Zapata 6, Pena 5, Viola 5, Masga 3, Bucalia 2, Ordas 1.

Pacific Marine 54—Guilas 15, Atineon 14, Isip 10, Pacman 4, Genizal 4, Ducusin 3, Mariancan 2, Landicho 2, Domingo 2.

Scoring by quarters: 13-15, 36-27, 58-39, 71-54.

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Kathy Bristol and Mae Hsieh.

Meanwhile, Andy and Helen Kim also triumphed in multiple divisions of last month's TanHoldings Tennis Classic to bag the NMSA/ Tan Siu Lin Foundation Student Athletes of the Month honors.

In Week 1 of the competition, Helen clinched both the girls U14 singles and doubles crown. She defeated Sein Chung, Sei Yul Hong, and Savita Sikkel in the singles contest. In the doubles, Helen joined

forces with Sikkel and they topped Serin and Hong and Irin Chung and Hoo Wang.

For the second and final week of the tournament, Helen faced the same foes and ruled the women's 4.0 singles.

Andy also played in Week 2 and reigned supreme in the men's 4.0 singles after downing David Kwon, Edwin Simbulan and Felixberto Rulona. In the opening week, Andy lived up to expectations in the boys U16 singles, as he took the division crown against runner-up and No. 4 Jun Wang, No. 2 Daniel Kang, and the unranked David Kwon.

MHS Varsity still perfect in girls caging

By ROSELYN B. MONROYO



Marianas High School Varsity is still unscathed in the 2019-

2020 Public School System Interscholastic Girls High School Basketball League after notching three more wins last week at the MHS Gym-

The Lady Dolphins are

now 7-0 and remain on top of the team standings in the regular season after beating Grace Christian Academy and MHS Junior Varsity last Tuesday and Saipan Southern High School last Thursday.

Versus the Lady Eagles, MHS Varsity proved to be too much for the former, as the latter cruised to a 31-2 victory on the north court. The leagueleading team had back-toback games on the court, as it faced MHS JV and the varsity

players showed no love lost to their fellow Lady Dolphins after taking a 28-21 win.

For its anticipated duel against the second-running Saipan Southern, MHS Varsity earned a double-digit winning margin, 29-19, to extend its winning streak to seven.

Meanwhile, four more matches were played last Tuesday with GCA managing to take a win out of its three games.

The Lady Eagles, after being

demolished by MHS Varsity, nipped Kagman High School on the south court, 13-12. GCA remained on the south court for its third match of the day and was beaten by Agape Christian School, 27-22.

Agape before topping GCA, challenges Saipan Southern in the curtain-raiser on the south court and the Lady Rays eased their way to a 33-10 triumph.

On the north court, Mt. Carmel School outclassed Kagman, 16-9, denying the Lady Ayuyus entry to the win column.

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former Mariana Resort & Spa with the Spaniard crossing the finish first between the 2:45:00 and 2:50:00 mark. However, instead of celebrating, a visibly frustrated Nieto approached organizers after he was told of the confusion along the route.

To make matters worse for the debuting Spaniard and four other bikers, they were disqualified for missing the last part of the third leg of the race.

The men's pro crown ended up going to Australia's Kevin Biffiger, who completed the race in 2:57:02. Slovakia's Marco Pavlic (3:01:43) and Japan's Toshiki Nagatsuka (3:15:45) rounded out the Top 3.

In the women's pro division, Guam's Laura Nadeau came in first after posting 3:27:55 and beating former HOM winner Yasue Nakahara, who submitted 3:36:05 to drop to second place. Australia's Kylie Adair completed the Top 3 after checking in at 3:36:47.

Late scare, punishing hills

Although Biffiger sympathizes with the riders who missed the opportunity to win, he said he did his best and he felt he rightfully earned the win.

"It was a tough race, I trained hard. I'm not really a



pro, but I worked hard every day. It was really hard for me but I really enjoyed it. I think it was well deserved. I feel for the guys that missed the turn, but I couldn't help that. They missed a bit of the course," the Australian said.

Biffiger also disclosed that he completed the race despite dropping his chain just before the final climb in Capitol Hill.

"I dropped my chain. It went between my crank and my frame, so it was quite stuck so I had to stop and work on

my chain and it was hard. I probably lost a few minutes. It was just before the last climb so it was quite late into the race, but I was quite lucky to get it fixed," he said.

When asked about the challenges he faced during the race, he said he was not prepared for the number of hills he encountered in "Hell."

"The race was challenging because I'm not used to the hills. They were quite short so you have a lot of turns and you need to use more power and endurance was much less important, which I was prepared for. I'm the type who can go for longer distances opposed to hills," Biffiger said.

"I had to really pace and push myself. [When] I dropped my chain, I had to stop, fix that, and I could see Marco Pavlic coming back from the turn around and I just said 'we'll just see how this goes', and as we were going uphill, I just kept pacing myself and he just cracked and I kept going," he added.

Beauty, safety, and familiarity

Biffiger said he will definitely come back if given the opportunity again because despite the challenge that came with the course, the island's beauty made up for it.

"I will for sure be back if I get the opportunity. This race was really for you to enjoy the place because when you have a day like today, the place is just magnificent. It was beautiful. It was a tough race, I can't lie, but the island is beautiful. You drop down Kingfisher and coming back toward the coast, you can see the water and it's just dreamy," he said.

While Biffiger was unfamiliar with the challenging course, Nadeau is used to the "Hell," but still approached last Saturday's race with safety in mind.

"I always come into these races with little expectation. My goal really was just to finish safely so I'm happy I finished safely and I'm happy to come in first. Thankfully I didn't experience any crashes, no injuries. I played it safe because I really just wanted to finish and I knew that some of the descents were steep and when wet, super slippery, so I just played it safe and it went smoothly," the Guam pro said.

Nadeau said that the most brutal part of the race was Capitol Hill, where she felt she was going to cramp up, but still she came prepared.

"The last climb was brutal. It was hot, I thought my legs were going to cramp up, but I do triathlon so I'm familiar with nutrition and making sure you're fueled so I made sure I was really fueled for that last climb because I could feel my legs starting to cramp," she said.

Despite the punishing climbs, Nadeau said her main advantage over her competitors was her being accustomed to the heat as she comes from Guam and does morning rides.

"I knew the island a little bit but I didn't know of all the hills. I live in Guam so I'm used to the heat and I love the heat so that was definitely an advantage for sure," she said.

Nadeau added she prepared for the Hell of Marianas for several months and her hard work and the support he got from her team paid off.

"I would love to come back next year, Saipan does such a good job putting these races on, it's so fun so absolutely would love to be back again next year," she said. "I had a great team from Guam, a couple of guys, and they just helped me so much. They helped me a little with strategy while we were out there so a lot of this goes to them because they helped me out so much and I'm so grateful for their experience."



Luka scores 28 in 26 minutes, Mavs rout Pelicans

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SAIPAN TRIBUNE

Australian pro wins





By KIMBERLY A. BAUTISTA kimberly_bautista@saipantribune.com

ive pro riders, including pacesetter Edgar Nohales Nieto of Spain, took the wrong turn in the third leg of the 2019 Hell of the Marianas Century Cycle Race, paving the way for the victory of Australia's Kevin Biffiger in last Saturday's event.

Nieto, who took early control of the 100-kilometer race that started at the former Mariana Re-

D-kilometer race t started at the

sort & Spa in Marpi, and the

four other members of the lead pack— Genta Konno, Yasumasa Oka, Hei Nok Wong, and Chihiro

Naruke—headed left to Isa Drive going to Capital Hill from San Vicente instead of right to Kagman (for the turning point at the entrance of the Laolao Bay Golf & Resort).

According to Northern Mariana Islands Cycling Federation representatives, Nieto and company missed the Laolao turning point because at the Kagman Mobil, there was a funeral procession and instead of heading into the same direction (Kagman Road), the riders were directed to go straight up Isa Drive, which was the start of the fourth and last leg of the race. The Kagman Road down to turnaround was the final part of the third leg that began in Mobil Gas Station in Koblerville.

Nieto and the four riders pedaled through Kingfisher, Capitol Hill, and Sadog Tasi, before heading back to the

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Guam's Laura Nadeau smiles after completing the 100-kilometer race and topping the women's pro category.

Tennis players sweep November honors

By ROSELYN B. MONROYO roselyn_monroyo@saipantribune.com



CNMI Sports Hall of Famer Jeff Race and three other tennis players

made it to the Northern Mariana Sports Association honor roll for November after earning multiple championships in last month's 10th TanHoldings Tennis Classic.

Race was named NMSA Male Athlete of the Month for topping the mixed doubles 50 and over age group (with Lydia Tan) and the men's 50 and over doubles (with Guam's Sam Lai). Race and Tan won against the husband-and-wife tandem of Don and Marivic Dunlop in



ROSELYN B. MONROYO

Jeff Race, left, and Lydia Tan smile after receiving their plaques during the awards ceremony for the 10th TanHoldings Tennis Classic last month at the Hibiscus Hall of the Fiesta Resort & Spa Saipan.

the mixed doubles, while in the men's doubles, the former and Lai prevailed over Roy Banados and George Poquiz. The mixed doubles title with Tan was special for Race, as it was his 100th championship.

With Tan notching the mixed doubles crown with Race and getting two more—mixed doubles 4.0 and women's 4.0 doubles, she took the NMSA Female Athlete of the Month. Tan partnered with Sam Lai in downing Ikuko Obuse and Eric Abragan and Sarka Glajkova and Martin Jambor for the mixed doubles championship. In the women's 4.0 doubles, Tan teamed up with Obuse in winning against the pairs of Dunlop and Anni Lai and

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